

## CLIMBING WALL

TUESDAY	5.00pm – 7.00pm	7.00pm – 9.00pm
THURSDAY	5.00pm – 7.00pm	7.00pm – 9.00pm
SATURDAY	10.00am – 12.00pm	12.00pm – 2.00pm
SUNDAY	10.00am – 12.00pm	12.00pm – 2.00pm

Every Saturday we have a try and climb session, 10.00 am and 11.00am, which gives you the opportunity to have go.

This session is instructor lead and has to be booked in advance.

### Fit Class ( Aqua-aerobics ) with Erin

Aquacise is a water based exercise class using all areas of the pool, suitable for all ages and fitness level. No need to book

Monday 7.00pm – 7.30pm

Wednesday 7.30pm - 8.00pm

### Fit Class ( Spinning ) with Erin

Tuesday 7.00pm ( 30min session ) and 7.45pm ( 45min session )

Prior booking is essential

All Fit Classes are free with Fitlife or £6.40 per session

## GYM INDUCTIONS

Monday 7.00pm Free with Fitlife

## ASTRO PITCH

Bookings can be made at the Speyside Sports and Community Centre as well booking online via the online system at [www.moray.gov.uk](http://www.moray.gov.uk)



## SPORTS HALL

Available for badminton, football, pickleball and basketball and remember this is included in your Fitlife membership



**Speyside Sports and  
Community Centre  
and  
Shand Centre, Dufftown**

## Pool – Fitness – Classes Timetable

**Monday 5<sup>th</sup> January - Sunday 29<sup>th</sup> March 2026**

### We also have:

- Fitness-room with a wide range of training equipment
- Aquacise and Spinning Classes
- Climbing Wall
- Astro Pitch
- Sports Hall ( badminton, football, basketball, pickleball )
- Table Tennis

Telephone 01340 871 641  
E-mail – [speyside.cc@moray.gov.uk](mailto:speyside.cc@moray.gov.uk)  
[www.moray.gov.uk](http://www.moray.gov.uk)

**Swimming Pool Timetable Monday 5<sup>th</sup> January - Sunday 29<sup>th</sup> March 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>9.30 – 10.30</b> Adult Early Dip <b>10.30 – 11.30</b> Public Swimming including Parent and Toddler <b>11.30 – 1.30</b> Public Swimming <b>1.30 – 2.30</b> Public Swimming including Parent and Toddler <b>2.30 – 3.30</b> Public Swimming <b>4.00 – 5.00</b> Lessons <b>5.30 – 7.00</b> Public Swimming <b>7.00 – 7.45</b> Aquacise <b>7.45– 9.00</b> Adults / Teens	<b>4.00 – 5.30</b> Lessons <b>5.45 – 6.30</b> Public Swimming <b>6.30 – 7.30</b> Fun Session <b>7.30 – 9.00</b> Adults / Teens	<b>9.30 – 10.30</b> Adult Early Dip <b>10.30 -11.30</b> Public Swimming including Parent and Toddler <b>11.30 – 1.00</b> Public Swimming <b>1.30 – 2.30</b> Public Swimming including Parent and Toddler <b>2.30 - 4.00</b> Public Swimming <b>4.00 – 5.00</b> Lessons <b>5.30 – 6.15</b> Public Swimming <b>6.15 – 7.15</b> Family Swim Time <b>7.30 – 8.00</b> Aquacise <b>8.00 – 9.00</b> Adults / T	<b>2.30– 4.00</b> Public Swimming <b>4.00 – 5.00</b> Stroke Development <b>5.00 – 6.00</b> Pool closed for staff training <b>6.00 – 8.00</b> Speyside Swimming Club <b>8.00 – 9.00</b> Adults / Teens	<b>2.00 -4.00</b> Public Swimming <b>4.00 – 5.00</b> Lessons <b>5.15 – 6.00</b> Public Swimming <b>6.15 – 7.00</b> Fun Session <b>7.00 – 8.00</b> Public Session <b>8.00 – 9.00</b> Adult / Teens	<b>9.00 – 10.00</b> Adults / Teens <b>10.00 – 12.00</b> Family Swim Time <b>12.00 – 2.00</b> Public Swimming	<b>9.00 – 10.00</b> Adults / Teens <b>10.00 – 12.00</b> Family Swim Time <b>12.00 – 2.00</b> Public Swimming

**Speyside Sports and Community Centre Fitness Suite Timetable Monday 5<sup>TH</sup> January - Sunday 29<sup>th</sup> March 2026**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3.30pm – 9. 00pm	3.30pm – 9.00pm	3.30pm – 9.00pm	3.30pm – 9.00pm	1.30pm– 9.00pm	9.00am -2.00pm	9.00am – 2.00pm

**Shand Centre Fitness Suite, Dufftown Timetable Monday 5<sup>TH</sup> January – Sunday 29<sup>th</sup> March 2026**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Spinning Class</b> 9.30am – 10.00am 10.15am – 10.45am <b>Circuits</b> 7.00pm – 7.30pm <b>Gym</b> 5.00pm – 7.00pm	<b>Open Session</b> 3.00pm – 6.00pm <b>Spin Class</b> 6.15pm – 6.45pm	<b>Beginners / seniors weight class</b> 3.35pm – 4.05pm <b>Intermediate Weights class</b> 4.14pm – 4.45pm <b>Gym</b> 5.00pm – 7.00pm	<b>Spin Class</b> 6.00pm – 6.30pm ( Beth ) <b>Gym</b> 6.45pm – 8.45pm	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>

**POP UP SESSIONS – We will have pop sessions on in service days, look out on our Facebook page – Speyside Sports and Community Centre and at The Shand Centre**