CLIMBING WALL

THURSDAY	**5.00pm – 7.00pm**	**7.00pm – 9.00pm**
SUNDAY	**10.00am – 12.00pm**	**12.00pm – 2.00pm**

GYM INDUCTIONS

Monday 7.00pm Free with Fitlife

Fit Class (Spinning) with Erin

Tuesday 7.00pm (30min session)

Prior booking is essential

Fit Class (Circuits) with Jody

All ability at your pace

Wednesday 6.30pm – 7.30pm

Fit Class (Aqua-aerobics) with Erin / Dani

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 – 7.45pm

Wednesday 7.30pm - 8.00pm

Prior booking is essential

All Fit Classes are free with Fitlife or £7.35 per session

ASTRO PITCH

Bookings can be made at the Speyside Sports and Community Centre.

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 26th October – Wednesday 23rd December 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
www.moray.gov.uk

Swimming Pool Timetable Monday 26th October – Wednesday 23rd December 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30 – 10.30 Adult Early Dip **10.30 – 11.30** Public Swimming including Parent and Toddler **11.30 – 1.30** Public Swimming **1.30 – 2.30** Public Swimming including Parent and Toddler **2.30 – 4.00** Public Swimming **4.00 – 5.00** Lessons **5.30 – 7.00** Public Swimming **7.00 – 7.45** Aquacise **7.45– 9.00** Adults Only Session	**2.30 – 4.00** Public Swimming **4.00 – 5.30** Lessons **6.00 – 6.30** Public Swimming **6.30 – 7.30** Fun Session **7.30 – 9.00** Adults / Teens Session Lane Swimming	**9.30 – 11.15** Adult Early Dip **11.30 – 12.30** **Private Hire till 2nd December Then will revert to public session** **12.30 – 4.00** Public Swimming ***2.00pm – 2.30pm Pool will be closed on 28th October 4th, 11th , 18th November Due to private hire*** **4.00 – 5.00** Lessons **5.30 – 6.15** Public Swimming with one swim lane **6.15 – 7.15** Family Swim Time **7.30 – 8.00** Aquacise **8.00 – 9.00** Adults Only Session	**2.30– 4.00** Public Swimming **4.00 – 5.00** Lessons **5.00 – 6.00** Pool closed for staff training **6.00 – 8.00** Speyside Swimming Club **8.00 – 9.00** Adults / Teens Lane Swimming	**2.00 -4.00** Public Swimming **4.00 – 5.00** Lessons **5.30 – 6.00** Public Swimming **6.00 – 7.00** Fun Session **7.00 – 8.00** Public Session **8.00 – 9.00** Adult Only Session	**9.00 – 10.00** Adults Early Dip **10.15 – 11.00** Relaxed Session ASN friendly quieter environment with floats/toys and reduced capacity (15 people max) Booking essential **11.15 – 12.30** Family Swim Time **12.30 – 2.00** Public Swimming	**9.00 – 10.00** Adults Early Dip **10.00 – 12.00** Family Swim Time **12.00 – 2.00** Public Swimming **Adults Only Sessions are for those 18 years old and over**

Fitness Suite Timetable Monday 26th October – Wednesday 23rd December 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.00pm – 2.00pm 3.30pm – 9. 00pm	3.30pm – 9.00pm	1.00pm – 2.00pm 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 Monday 26th October – Wednesday 23rd December 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning Class 9.30am – 10.00am 10.15am – 10.45am **Circuits** 7.00pm – 7.30pm **Gym 5**.00pm – 7.00pm	**Open Session** 3.00pm – 6.00pm **Spin Class** 6.15pm – 6.45pm	**Beginners / seniors weight class** 3.35pm – 4.05pm **Intermediate Weights class** 4.14pm – 4.45pm **Circuit** 4.55pm – 5.25pm **Gym** 5.30pm – 7.00pm	**Spin Class** 6.00pm – 6.30pm (Beth) **Gym** 6.45pm – 8.45pm	**CLOSED**	**CLOSED**	**CLOSED**