

CLIMBING WALL

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

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

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 £7.35 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



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 31st August - Sunday 11th October 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 31st August – Sunday 11th October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30 – 10.30 Adult Early Dip	2.30 – 4.00 Public Swimming	9.30 – 10.30 Adult Early Dip	2.30– 4.00 Public Swimming	2.00 -4.00 Public Swimming	9.00 – 10.00 Adults Early Dip	9.00 – 10.00 Adults Early Dip
10.30 – 11.30 Public Swimming	4.00 – 5.30 Lessons	10.30 -11.30 Public Swimming	4.00 – 5.00 Lessons	4.00 – 5.00 Lessons	10.00 – 12.00 Family Swim Time	10.00 – 12.00 Family Swim Time
including Parent and Toddler	6.00 – 6.30 Public Swimming	including Parent and Toddler	5.00 – 6.00 Pool closed for staff training	5.30 – 6.00 Public Swimming	12.00 – 2.00 Public Swimming	12.00 – 2.00 Public Swimming
11.30 – 1.30 Public Swimming	6.30 – 7.30 Fun Session	11.30 – 1.30 Public Swimming	6.00 – 8.00 Speyside Swimming Club	6.15 – 7.00 Fun Session		
1.30 – 2.30 Public Swimming	7.30 – 9.00 Adults / Teens Session	1.30 – 2.30 Public Swimming	8.00 – 9.00 Adults / Teens Lane Swimming	7.00 – 8.00 Public Session		
including Parent and Toddler	Lane Swimming	including Parent and Toddler		8.00 – 9.00 Adult Only Session		
2.30 – 3.30 Public Swimming		2.30 - 4.00 Public Swimming				
4.00 – 5.00 Lessons		4.00 – 5.00 Lessons				
5.30 – 7.00 Public Swimming		5.30 – 6.15 Public Swimming with one swim lane				
7.00 – 7.45 Aquacise		6.15 – 7.15 Family Swim Time				
7.45– 9.00 Adults Only Session		7.30 – 8.00 Aquacise				
		8.00 – 9.00 Adults Only Session				
						Adults Only Sessions are for those 18 years old and over

Fitness Suite Timetable Monday 31st August – Sunday 11th October 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 Monday 31st August – Sunday 11th October 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

