

CLIMBING WALL

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

The climbing wall be open on 8th, 11th, 15th and 29th October

Fit Class (Aqua-aerobics) with Erin or Dani

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

Monday 7.00pm – 7.45pm

Fit Class (Spinning) with Erin

Tuesday 7.00pm 30 min session

Prior booking essential

Fit Class (Circuits) with Jody

All ability at your pace

Wednesday 6.30pm – 7.30pm

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 12th October - Sunday 25th 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 12th October - Sunday 25th October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30 – 10.30 Adult Early Dip 10.30 – 1.30 Public Swimming 1.30 – 2.30 Fun Session 2.30 – 3.30 Public Swimming 4.00 – 5.00 Crash Course Lessons 5.30 – 7.00 Public Swimming 7.00 – 7.45 Aquacise 7.45– 9.00 Adults Swimming	9.30 – 10.30 Adult Early Dip 10.30 – 1.30 Public Swimming 1.30 – 2.30 Fun Session with bridge 2.30 – 4.00 Public Swimming 4.00 – 5.00 Crash Course Lessons 5.30 – 6.30 Public Swimming 6.30 – 7.30 Fun Session 7.30 – 9.00 Adults / Teens Lane Swimming	9.30 – 10.30 Adult Early Dip 10.30 – 4.00 Public Swimming 4.00 – 5.00 Crash Course Lessons 5.30 – 6.15 Public Swimming 6.15 – 7.15 Family Swim Time 7.15 – 8.00 Public Swimming 8.00 – 9.00 Adult Swimming	9.30 – 10.30 Adult Early Dip 10.30 – 1.30 Public Swimming 1.30 – 2.30 Fun Session with bridge 2.30– 4.00 Public Swimming 4.00 – 5.00 Crash Course Lessons 5.00 – 6.00 Pool closed for staff training 6.00 – 8.00 Public Swimming 8.00 – 9.00 Adults / Teens Lane Swimming	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 Fun Session 2.30 -4.00 Public Swimming 4.00 – 5.00 Crash Course Lessons 5.30 – 6.00 Public Swimming 6.15 – 7.00 Fun Session 7.00 – 8.00 Public Session 8.00 – 9.00 Adult Swimming	9.00 – 10.00 Adults / Teens 10.00 – 12.00 Family Swim Time 12.00 – 2.00 Public Swimming	9.00 – 10.00 Adults / Teens 10.00 – 12.00 Family Swim Time 12.00 – 2.00 Public Swimming Adults and Teens Session Teens will need to pay the adult entry fee.

Speyside Sports and Community Centre Fitness Suite Timetable Monday 12th October - Sunday 25th October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30am – 9. 00pm	9.30am – 9.00pm	9.30am – 9.00pm	9.30am – 9.00pm	9.30am– 9.00pm	9.00am -2.00pm	9.00am – 2.00pm

Shand Centre Fitness Suite, Dufftown Monday 12th October - Sunday 25th October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday and Sunday
Spin Class 9.30am – 10.00am 10.15am – 10.45am Gym 5.00pm – 7.00pm Circuits 7.00pm – 7.30pm	Gym 3.00pm – 6.00pm Spin Class 6.15pm- 6.45pm	Beginners / Seniors Weight Class 3.35pm – 4.05pm Weights and Circuits 4.15pm – 5.00pm Gym 5.00pm – 7.00pm	Spin Class (Beth) 6.00pm – 6.30pm Gym 6.45pm – 8.45pm	CLOSED	CLOSED

