

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 or 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 – 7.30pm

Fit Class (Boxercise) with Erin or Dani

Monday 7.30pm

Prior booking is essential

Fit Class (Indoor Cycling) with Erin

We are now offering indoor cycle classes here at Speyside.

Tuesday 7.00pm and 7.45pm

Fit Class (Indoor Cycling Disco) with Erin

Tuesday 8.30pm

Prior booking is essential

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

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

We welcome bookings from:

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 6th May – 30th June 2024

We also have:

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

Telephone 01340 871 641

E-mail - sportandleisure@moray.gov.uk

www.moray.gov.uk

Swimming Pool Timetable Monday 6th May – 30th June 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3.15 – 4.00 Public Swimming 4.00 – 5.30 Lessons 5.30 – 7.00 Public Swimming 7.00 – 7.30 Aquacise 7.30 – 9.00 Adults / Teens	3.00 – 4.00 Public Swimming 4.00 – 5.30 Lessons 5.30 – 6.30 Public Swimming 6.30 – 7.15 Family Swim Time 7.15 – 8.00 Public Swimming 8.00 – 9.00 Adults / Teens	9.30 – 10.30 Adult Early Dip 10.30 -11.30 Public Swimming (2 lanes) Parent and Toddler 11.30 – 1.00 Public Swimming 1.00 – 2.00 Public Swimming (2 lanes) Parent and Toddler 2.00 - 4.00 Public Swimming 4.00 – 5.00 Lessons 5.15 – 6.00 Public Swimming 6.00 – 7.00 Family Swim Time 7.00 – 8.00 Public Swimming 8.00 – 9.00 Adults /Teens	3.00 – 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	1.30 -4.00 Public Swimming 4.00 – 5.00 Lessons 5.15 – 6.00 Public Swimming 6.15 – 7.00 Fun Session 7.00 – 8.00 Public Session 8.00 – 9.00 Adult / Teens	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
All our public sessions are suitable for those with special needs						

Speyside Sports and Community Centre Fitness Suite Timetable Monday 6th May – 30th June 2024

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 6th May – 30th June 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning Class 9.30am – 10.00am 10.15am – 10.45am Spinning Classes need to be booked in advance	Open Session 5.30pm – 7.30pm	Open Session 4.30pm – 7.30pm	Spinning Class 6.00pm – 6.30pm Open Session 6.45pm – 8.45pm	Open Session 5.30pm – 8.30pm	CLOSED	CLOSED