



**Sports & Leisure Services
Forres House Community Centre
Activities Timetable
JANUARY – JUNE 2019**

Day	Start		Finish	Class	Contact
Monday	9.30am	-	10.15am	Indoor Cycling (Absolute Beginners)	Reception or call 01309 672838 to book
	10.30am	-	11.15am	Indoor Cycling (Absolute Beginners)	Reception or call 01309 672838 to book
	12.30pm	-	2.30pm	Baby Bop	Emma Bell 07973 491963
	1.00pm	-	1.45pm	Indoor Cycling Class	Reception or call 01309 672838 to book
	4.00pm	-	7.00pm	Active Schools Football	Active Schools 01309 672838
	4.30pm	-	5.30pm	Fusion Tang Soo Do	Tracy McBay 07814 962178
	6.00pm	-	6.45pm	Indoor Cycling Class	Reception or call 01309 672838 to book
	6.00pm	-	7.00pm	P90X	Jill Morgan 07783409109
	7.00pm	-	8.30pm	Iyengar Yoga	Teresa Berg 07793 718500
	7.00pm	-	8.00pm	Chan Quan Shu Tai Chi	Archie 07799 064964
	7.00pm	-	9.00pm	5-a-side Football	Robert Mackinnon 07867492560
	8.00pm	-	9.00pm	Kung Fu	Archie 07799 064964
	Tuesday	9.15am	-	10.00am	Indoor Cycling Class
9.30am		-	10.30am	Pilates	Fran Britain 07714 596653
9.30am		-	11.30am	Varis Club – 1 st Tuesday of each month	Register with Group
9.30am		-	11.30am	Baby Bop	Emma Bell 07973 491963
10.00am		-	11.00am	Flexercise	Jenny Bichan 07768274683
10.15am		-	11.00am	Indoor Cycling Class – Beginners/Over 50	Reception or call 01309 672838 to book
11.00am		-	12.00noon	Qigong	Rupert Lander 07914 571515
2.00pm		-	3.00pm	Flexercise – Senior Citizens	Pam Watson 01309 672971
2.00pm		-	4.00pm	Mixed Media Art	Register with Group
6.00pm		-	6.45pm	Indoor Cycling Class	Reception or call 01309 672838 to book
6.15pm		-	7.00pm	Kettlebells	Jill Morgan 07783409109
7.15pm		-	8.00pm	Zumba	Jill Morgan 07783409109
6.30pm		-	9.00pm	Moray Trampoline Club	moraytrampolineclub@hotmail.com
7.00pm		-	7.45pm	Indoor Cycling Class	Reception or call 01309 672838 to book
7.00pm		-	10.00pm	Adult Badminton	Reception or call 01309 672838 to book
7.00pm	-	8.00pm	Pilates	Fran Britain 07714 596653	

Wednesday	9.00am	-	11.30am	Little Fish	Anne Graham 01309 672231
	9.30am	-	10.15am	Kettlebell Combat	Jill Morgan 07783409109
	6.15pm	-	7.00pm	PIYO	Jill Morgan 07783409109
	7.15pm	-	8.00pm	Zumba	Jill Morgan 07783409109
	10.00am	-	12noon	Self Help Art	Register with Group
	10.00am	-	12noon	Embroidery Group	Register with Group
	10.00am	-	12noon	Lace Group	Register with Group
	6.00pm	-	6.45pm	PIYO	Jill Morgan 07783409109
	7.00pm	-	10.00pm	Forres Archers	Mike Alexander 01343 552877
	7.00pm	-	9.30pm	Bridge Club	Julie Wrightson 01309 673185
Thursday	9.15am	-	10.00am	Indoor Cycling Class	Reception or call 01309 672838 to book
	9.30am	-	11.00am	B.A.L.L Group	Ann Hay/Carmen Gillies 01343 563510
	10.15am	-	11.00am	Indoor Cycling Class	Reception or call 01309 672838 to book
	11.00am	-	12noon	Baby Café	Everyone welcome
	1.00pm	-	1.45pm	Indoor Cycling Class	Reception or call 01309 672838 to book
	3.30pm	-	7.15pm	Moray Dance	Rosalyn Wie 07917 533516
	3.30pm	-	5.30pm	Active Start Mixed Sports	Business Support Unit 01343 563374
	3.30pm	-	6.45pm	Active Start Gymnastics	Business Support Unit 01343 563374
	6.00pm	-	6.45pm	Indoor Cycling Class	Reception or call 01309 672838 to book
	7.00pm	-	10.00pm	Adult Badminton	Current Entry Fee/Fit Life Card
	8.00pm	-	10.00pm	Kinloss Badminton Club	Register with Group
Friday	10.00am	-	11.30am	Iyengar Yoga	Teresa Berg 07793 718500
	9.30am	-	10.30am	Body Blitz	Current Entry Fee/Fit Life Card
	9.30am	-	11.30am	Hotshots Badminton Group	Current Entry Fee/Fit Life Card
	9.30am	-	10.30am	Sam Montgomery Exercise Class	Sam 07720769505
	10.00am	-	1.00pm	Needle Art North - 2 nd Friday of month	Register with Group
	2.30pm	-	3.30pm	Over 50's Walking Football	Reception or call 01343 563374
	2.30pm	-	7.30pm	Team Love Cheer	Rosie Strachan 07488 265815
	4.30pm	-	6.30pm	Fusion Tang Soo Do	Tracy McBay 07814 962178
	6.30pm	-	7.30pm	Sam Exercise Class	Sam 07720769505
Saturday	9.00am	-	9.45am	Indoor Cycling Class	Reception or call 01309 672838 to book
	9.00am	-	1.00pm	Active Start Mixed Sports	Business Support Unit 01343 563374
	9.15am	-	11.15am	Zen Yoga - General	Pia Wallace 07934 289102
	9.00am	-	12.00noon	Moray Trampoline Club	moraytrampolineclub@hotmail.com
	12.00noon	-	1.30pm	Active Schools Trampoline	Active Schools 01309 672838

	11.15am	-	12.15am	Teen Yoga(consent needed if under 16)	Pia Wallace 07934 289102
	1.00pm	-	3.00pm	Public Badminton, Football & Basketball	Current Entry Fee/Fit Life Card
Mon – Fri	9.00am	-	10.00pm	Public Badminton, Football & Basketball	Please contact reception for availability 01309 672838

Please note that class times and sessions vary due to School and Public Holidays. For further information please contact reception on 01309 672838 or email: forres.house@moray.gov.uk