

Exercise Classes

❖ Indoor Cycling Classes Indoor Cycle Studio	Monday	7.00pm – 7.45pm
❖ Indoor Cycling Classes Indoor Cycle Studio	Tuesday	10.00am – 10.30am 8.00pm – 8.45pm
❖ Indoor Cycling Classes Indoor Cycle Studio	Wednesday	7.00pm – 7.45pm 8.00pm – 8.45pm
❖ Indoor Cycling Classes Indoor Cycle Studio	Thursday	10.45am – 11.15am 7.00pm – 7.45pm
❖ Indoor Cycling Classes Indoor Cycle Studio	Friday	7.00pm – 7.45pm
❖ Spin Cycle Classes Spinning Room	Sunday	9.15am – 10.00am

INDOOR CYCLE STUDIO AVAILABLE TO USE ANYTIME OUTWITH CLASS TIMES
(INDUCTION REQUIRED)

BOOKING FOR INDOOR CYCLE CLASSES ESSENTIAL (NAMES TO RECEPTION)

❖ Aqua Aerobics	Tuesday	7.00pm – 7.45pm
❖ Inductions	Thursday	7.00pm – 8.00pm



Buckie Swimming Pool & Fitness Centre

Summer Holiday

Pool – Fitness – Classes Timetable

Monday 1th July – Sunday 19th August 2019

We also have:

- Fitness Room with a range of training equipment
- Indoor Cycle Studio
- Sauna & Steam Room
- Sports Halls
- Aqua Aerobics

Telephone 01542 832841

E-mail - sportandleisure@moray.gov.uk

www.moray.gov.uk

Swimming Pool Timetable – Monday 1st July – Monday 19th August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30 – 12.30 Public Swimming (swim Lane)	9.30 – 10.00 Public Swimming Shared with Club 10.00 -1.30 Public Swimming (swim Lane)	9.30 – 10.00 Public Swimming Shared with Club 10.00 -1.30 Public Swimming (swim Lane)	9.30 – 10.00 Public Swimming Shared with Club 10.00 -1.30 Public Swimming (swim Lane)	9.30 – 1.30 Public Swimming (swim Lane)	8.30 – 11.00 Public Swimming (swim Lane)	8.30 – 10.30 Adult Only (swim Lane)
1.00 – 2.00 Aqua Run 2.30 – 3.30 Public Swimming	1.30 – 3.30 Public Swimming with Family Fun Session 2.00 – 3.00	1.30 – 3.30 Public Swimming	1.30 – 3.30 Public Swimming with Family Fun Session 2.00 – 3.00	1.30 – 3.30 Public Swimming	11.00 – 12.00 Family Fun Session 12.00 – 1.00 Public Swim	10.30 – 12noon Family Swim 12noon -- 1.30 Family Fun Session
5.00 – 7.45 Public Swimming with Family Fun Session 6.00 – 7.00	5.00 – 7.00 Public Swimming	5.00 – 7.45 Public Swimming with Family Fun Session 6.00 – 7.00	5.00 – 7.45 Public Swimming	5.00 – 7.45 Public Swimming with Family Fun Session 6.00 – 7.00	(Private) Birthday Parties 1.00 - 2.00 Swimming Pool available for hire for Pool Parties	1.30 – 2.00 Public Swim
7.45 – 8.45 Adults / Teenagers (swim Lane)	7.00 – 7.45 Adult / Teenager Deep Water Aerobics 7.45 – 8.45 Adults / Teenagers (swim Lane)	7.45 – 8.45 Adults / Teenagers (swim Lane)	7.45 – 8.45 Adults / Teenagers (swim Lane)	7.45 – 8.45 Adults / Teenagers (swim Lane)	Pool Party £110.00 Aqua Run £120.00	

Health Suite – (Sauna and Steam Room) Available most public sessions
Adults/Teenagers Only Sessions – Teenager aged 13–15 are welcome to attend these sessions to swim for health, fitness and wellbeing.
 Adult cost applies or entry via Fit Life Membership.

Fitness Room Timetable – Monday 1st July– Monday 19th August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30am - 9.00pm Open Session	9.00am – 9.00pm Open Session	8.30am - 9.00pm Open Session	9.00am – 7.00pm Open Session 7.00pm – 8.00pm Inductions 8.00pm -9.00pm Open Session	9.00am - 9.00pm Open Session	8.30am – 2.00pm Open Session	8.30am – 2.00pm Open Session