



**Sports & Leisure Services
Forres House Community Centre
Activities Timetable
AUGUST – OCTOBER 2019**

Day	Start	Finish	Class	Contact
Mon – Fri	9.00am	-	10.00pm	Public Badminton, Football & Basketball Please contact reception for availability 01309 672838
Monday	9.30am	-	10.15am	Indoor Cycling - Beginners Reception or call 01309 672838 to book
	10.30am	-	11.15am	Indoor Cycling - Beginners Reception or call 01309 672838 to book
	12.30pm	-	2.30pm	Baby Bop Back (26 th Aug) Emma Bell 07973 491963
	1.00pm	-	1.45pm	Indoor Cycling Class Reception or call 01309 672838 to book
	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	-	6.45pm	Transform Jill Morgan 07783 409109
	7.00pm	-	8.30pm	Iyengar Yoga Teresa Berg 07793 718500
	7.00pm	-	8.30pm	Chan Quan Shu Tai Chi/Kung Fu Archie 07799 064964
	7.00pm	-	9.00pm	5-a-side Football Robert Mackinnon 07867 492560
Tuesday	9.15am	-	10.00am	Indoor Cycling Class Reception or call 01309 672838 to book
	9.30am	-	10.30am	Pilates (Back 3 rd Sep) Fran Britain 07714 596653
	9.30am	-	11.30am	Baby Bop (Back 27 th Aug) Emma Bell 07973 491963
	10.00am	-	11.00am	Flexercise Jenny Bichan 07768 274683
	10.15am	-	11.00am	Indoor Cycling Class – Beginners Reception or call 01309 672838 to book
	2.00pm	-	3.00pm	Flexercise – Senior Citizens (Back 3 rd Sep) Pam Watson 01309 672971
	2.00pm	-	4.00pm	Mixed Media Art Register with Group
	4.00pm	-	6.00pm	Dance North Contact Gail Sneddon 01309 691661
	6.00pm	-	6.45pm	Indoor Cycling Class Reception or call 01309 672838 to book
	6.15pm	-	7.00pm	Kettlebell Combat Jill Morgan 07783 409109
	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 (Back 3 rd Sep) Fran Britain 07714 596653
Wednesday	9.15am	-	11.00am	Little Fish Anne Graham 01309 672231
	9.30am	-	10.15am	Kettlebell Combat Jill Morgan 07783409109
	10.00am	-	12noon	Self Help Art/Embroidery Group Register with Group
	2.30pm	-	3.30pm	Margaret Morris Movement Contact Jane 01309 696338
	3.30pm	-	5.00pm	Active Schools - Badminton Active Schools 01309 672838
	6.15pm	-	7.00pm	POUND Jill Morgan 07783409109

	7.00pm	-	10.00pm	Forres Archers	Mike Alexander 01343 552877
	7.00pm	-	9.30pm	Bridge Club (Back 4 th Sep)	Julie Wrightson 01309 673185
	7.00pm	-	8.30pm	Iyengar Yoga	Teresa Berg 07793 718500
Thursday	9.00am	-	10.00am	Pilates	Teresa Cox 07799770454
	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 – free of charge
	1.00pm	-	1.45pm	Indoor Cycling Class	Reception or call 01309 672838 to book
	3.30pm	-	7.15pm	Moray Dance	Rosalyn Wie 07917 533516
	6.00pm	-	6.45pm	Indoor Cycling Class	Reception or call 01309 672838 to book
	7.00pm	-	7.45pm	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	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
	10.00am	-	11.30am	Iyengar Yoga	Teresa Berg 07793 718500
	2.30pm	-	3.30pm	Over 50's Walking Football	Reception or call 01343 563374
	4.30pm	-	6.30pm	Fusion Tang Soo Do	Tracy McBay 07814 962178
Saturday	9.00am	-	9.45am	Indoor Cycling Class	Reception or call 01309 672838 to book
	9.00am	-	1.00pm	Active Start Mixed Sports	Email sports.development@moray.gov.uk
	9.00am	-	12.00noon	Moray Trampoline Club	moraytrampolineclub@hotmail.com
	9.30am	-	10.45am	Zen Yoga - General	Pia Wallace 07934 289102
	11.00am	-	12noon	Teen Yoga 13-17(consent needed < 16)	Pia Wallace 07934 289102
	12.00noon	-	1.30pm	Active Schools Trampoline	Active Schools 01309 672838
	1.00pm	-	3.00pm	Public Badminton, Football & Basketball	Current Entry Fee/Fit Life Card

Please note that class times and sessions vary due to School and Public Holidays. For further information or to book please contact reception on 01309 672838 or email: forres.house@moray.gov.uk
Classes in **Bold** are included in the Fit Life membership