

Exercise Classes

❖ Indoor cycling Classes Spinning Room	Monday	6 – 6.30 6.45 – 7.15
❖ Indoor cycling Classes Spinning Room	Tuesday	6 - 6.3 6.45 – 7.15
❖ Indoor cycling Classes Spinning Rom	Wednesday	6.15 – 6.45
❖ Indoor cycling Classes Spinning Room	Thursday	6 – 6.30
❖ Indoor cycling Classes Spinning Room	Friday	6.45 – 7.15 5.15 – 5.45

**SPINNING ROOM AVAILABLE TO USE ANYTIME OUTWITH CLASS TIMES
BOOKING FOR INDOOR CYCLING CLASSES ESSENTIAL (NAMES TO RECEPTION)
BOOKING FOR BOXERCISE CLASS ESSENTIAL (NAMES TO RECEPTION)**

❖ BOOTCAMP	Monday	7.30 – 8.15
	Tuesday	7.30 – 8.15
	Wednesday	6.15 – 7
❖ BOXERCISE	Tuesday	6.15 – 7.15
❖ CIRCUITS	Tuesday	6.15 – 7
❖ M.I.I.T (Mixed intensive interval training)	Thursday	6 – 6.30
❖ AQUA AEROBICS	Tuesday	7 – 8
	Friday	10– 11
❖ PARENT & CHILD (Swimming Pool)	Tuesday	10 – 11



LOSSIEMOUTH SWIMMING POOL & FITNESS CENTRE

Pool – Fitness – Classes Timetable

Monday 28th October – Monday 23rd December 2019

We also have:

- Fitness-room with a range of training equipment
- Fitness Classes
- Indoor cycling Studio
- Sports Halls
- Aqua Aerobics

Telephone 01343 815299
E-mail - sportandleisure@moray.gov.uk
www.moray.gov.uk

Swimming Pool Timetable – Monday 28th October – Monday 23rd December 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 – 1.30 Adults Only	10 – 11 Parent & Child	12 – 1.30 Adults Only	12 – 1 Private Hire	10 – 11 Aqua Aerobics	12– 2 Public Session 12.30 – 1.30 Fun Session	10 – 11 Adults Only
1.30 – 3.30 Public Session	11 – 12 Public Session	1.30 – 3.30 Public Session	1 – 2 Adults Only	12 – 1.30 Adults Only		11 – 1 Public Session
		7 – 8 Fun Session	2 – 3.30 Public Session	1.30– 3.30 Public Session		11.30 – 12.30 Fun Session
7 – 8 Public Session / Private Hire Shared Use	12 – 1.30 Adults Only	8 – 9 Adults Only	7 – 8 Public Session Mask, snorkel & flipper session	6.30 – 8 Public Session 6.30 – 7.30 Fun Session		
	1.30 – 3.30 Public Session					
8 – 9 Adults Only	7 – 8 Aqua Aerobics	8 – 8.30 Adult Lessons (Booking Essential)	8 – 9 Adults Only	8 – 9 Adults / Teenagers only		
	8 – 9 Private Hire					

Adults/Teenagers Only Sessions – Teenager (aged 13 – 15 are welcome to attend these sessions to swim for health and fitness and wellbeing.
Adult cost applies or entry via Fit Life membership.

Special Needs Swimming - All public swimming sessions are suitable for customers with a disability.

Fitness Room Timetable – Monday 28th October – Monday 23rd December 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 – 10 Public / School Shared Use	9 – 1.15 School Use	9 – 1.15 School Use	9– 12 Public Session	9– 1.15 School Use	9 – 2 Public Session	10 – 1 Public Session
10 – 9 Public Session	1.15 – 9 Public Session	1.15 – 9 Public Session	12– 4 School Use	1.15 – 9 Public Session		
		6 – 7 Gym Inductions (1 st Wed of Month Booking Essential)	4 - 9 Public Session			

See overleaf for Fitness Classes Timetable

Music Playing – Please note that suitable and appropriate music is played at all of the Public Swimming Sessions.