



Sports & Leisure Services
Forres House Community Centre
Activities Timetable
11th April – 2nd July 2020 (Closed Friday 8th May)

Day	Start	Finish	Class	Contact
Mon – Fri	9.00am	- 10.00pm	Public Badminton, Football & Basketball	Please contact reception for availability 01309 672838
Monday	9.15am	- 10.15am	Yoga (begins 17 Feb) Beginners/Intermed	Heather Foley 07887351333 - 6 week blocks
	9.30am	- 10.15am	Indoor Cycling	Reception or call 01309 672838 to book
	10.30am	- 11.15am	Indoor Cycling	Reception or call 01309 672838 to book
	12.30pm	- 2.30pm	Baby Bop	Emma Bell 07973 491963
	1.00pm	- 1.45pm	Indoor Cycling	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
	6.10pm	- 6.55pm	Transform	Jill Morgan 07783 409109
	7.00pm	- 8.30pm	Hatha Yoga	Teresa Berg 07793 718500
	7.00pm	- 8.30pm	Chan Quan Shu Tai Chi/Kung Fu	Archie 07799 064964
	7.30pm	- 9.00pm	Volleyball	Adults & teenagers – All Welcome
Tuesday	9.15am	- 10.00am	Indoor Cycling Class	Reception or call 01309 672838 to book
	9.30am	- 10.30am	Pilates	Fran Britain 07714 596653
	9.30am	- 11.30am	Baby Bop (except 7 Apr 20)	Emma Bell 07973 491963
	10.00am	- 11.00am	Flexercise	Jenny Bichan 07768 274683
	10.15am	- 11.00am	Indoor Cycling Class	Reception or call 01309 672838 to book
	11.00am	- 1.00pm	Quilters	Register with group
	2.00pm	- 3.00pm	Flexercise – Senior Citizens	Pam Watson 01309 672971
	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	Fran Britain 07714 596653
Wednesday	9.15am	- 11.00am	Little Fish	Anne Graham 01309 672231
	9.30am	- 10.15am	Indoor Cycle (Limited Availability)	Reception or call 01309 672838 to book
	9.30am	- 10.15am	Kettlebell Combat	Jill Morgan 07783409109
	10.00am	- 12noon	Self Help Art/Embroidery Group	Register with Group
	2.00pm	- 3.30pm	Margaret Morris Movement	Contact Jane 01309 696338

	3.30pm	-	5.00pm	Active Schools - Badminton	Active Schools 01309 672838
	5.30pm	-	6.30pm	Yoga (begins 19 Feb) Beginners/Intermed	Heather Foley 07887351333 – 6 week blocks
	6.45pm	-	8.45pm	Hatha Yoga	Teresa Berg 07793 718500
	7.00pm	-	10.00pm	Forres Archers	Mike Alexander 01343 552877
	7.00pm	-	9.30pm	Bridge Club (until 29 Apr resumes 2 Sep)	Julie Wrightson 01309 673185
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
	11.00am	-	12.30pm	Indoor Bowls (Active Minds)	Sharon Finlay 07974415713
	3.30pm	-	7.00pm	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	Hatha Yoga	Teresa Berg 07793 718500
	2.15pm	-	3.15pm	Over 50's Walking Football	Reception or call 01343 563374
	4.30pm	-	5.30pm	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	-	12noon	Moray Trampoline Club	moraytrampolineclub@hotmail.com
	12noon	-	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