



Sports & Leisure Services Forres House Community Centre Activities Timetable As at 3rd November 2020

Day	Start		Finish	Class	Contact
Mon – Fri	9.00am	-	10.00pm	Public Badminton & Basketball	Current Entry Fee / FitLife card Booking essential: 01309 672838
Monday	9.15am	-	10.00am	Indoor Cycling Class	Online booking
	9.15am	-	10.00am	Body Combat	Online booking
	9.30am		10.30am	Pure Stretch	Jill Morgan 07783 409109
	10.15am	-	11.00am	Indoor Cycling Class	Online booking
	1.00pm	-	1.45pm	Indoor Cycling Class	Online booking
	6.00pm	-	6.45pm	Kettlebells	Online booking
	6.00pm	-	6.45pm	Indoor Cycling Class	Online booking
	7.00pm	-	7.45pm	Indoor Cycling Class	Online booking
	7.00pm	-	8.00pm	Chan Quan Shu Tai Chi/Kung Fu	Archie Macallan 07799 064964
Tuesday	9.15am	-	10.00am	Indoor Cycling Class	Online booking
	9.30am	-	10.30am	Pilates	Fran Britain 07714 596653
	10.00am	-	11.00am	Flexercise	Jenny Bichan 07768 274683
	10.15am	-	11.00am	Indoor Cycling Class	Online booking
	2.00pm	-	3.00pm	Flexercise – Senior Citizens	Pam Watson 01309 672971
	3.30pm	-	5.30pm	Dance North	Gail Sneddon 01309 691661
	4.30pm	-	5.30pm	Active Schools Cricket	Active Schools 01309 672838 (Starts 27 th October)
	6.00pm	-	6.45pm	Indoor Cycling Class	Online booking
	6.00pm	-	6.45pm	Kettlebell Combat	Jill Morgan 07783 409109
	7.00pm		7.45pm	Indoor Cycle Class	Online booking
	7.00pm	-	10.00pm	Adult Badminton	Current Entry Fee / FitLife card Booking essential: 01309 672838
	7.00pm	-	8.00pm	Pilates	Fran Britain 07714 596653
Wednesday	9.30am	-	10.15am	Indoor Cycle Class	Online booking
	9.30am	-	10.15am	Kettlebell Combat	Jill Morgan 07783 409109
	2.30pm	-	3.30pm	Margaret Morris Movement	Jane 01309 696338
	3.30pm	-	5.00pm	Active Schools – Racquet Sports	Active Schools 01309 672838 (Starts 4 th November)
	5.00pm	-	6.30pm	Badminton Moray	Angela Bell 07825 581738 (Term time only)
	5.30pm	-	6.15pm	Indoor Cycling Class	Online booking
	6.30pm	-	7.15pm	Indoor Cycling Class	Online booking
Thursday	9.15am	-	10.00am	Indoor Cycling Class	Online booking
	9.30am	-	11.00am	B.A.L.L Group	Ann Hay / Carmen Gillies 01343 563510 (Starts 29 th October)

	10.15am	-	11.00am	Indoor Cycling Class	Online booking
	3.30pm	-	7.00pm	Moray Dance	Rosalyn Wie 07917 533516 (Term time only)
	6.00pm	-	6.45pm	Indoor Cycling Class	Online booking
	7.00pm	-	8.00pm	Active Schools –Netball/Basketball	Active Schools 01309 672838 (Starts 5 th November)
	7.00pm	-	10.00pm	Adult Badminton	Current Entry Fee / FitLife card Booking essential 01309 672838
	7.15pm	-	7.45pm	Metafit	Online booking
	8.00pm	-	8.30pm	Abs (Core HIIT)	Online booking
Friday	9.15am	-	10.00am	Body Combat	Online booking
	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
	2.15pm	-	3.15pm	Walking Football	Current Entry Fee / Fit Life Card (Starts 30 th October)
Saturday	9.00am	-	9.45am	Indoor Cycling Class	Online booking
	9.00am	-	1.00pm	Active Start Mixed Sports	Email sports.development@moray.gov.uk
	1.00pm	-	3.00pm	Public Badminton / Basketball	Current Entry Fee / FitLife card Booking essential 01309 672838

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