

**Sports & Leisure Services**

**Buckie Swimming Pool & Fitness Centre**

**Fitness Room Timetable**

**Monday to Friday**

8.30am – 8.30pm

12 x 55 minute sessions per day \* Exception being Tuesday 1.30pm & Friday 2.30pm N/A

From 02-11-21\* Exercise Referral classes

**Saturday and Sunday**

8.30am – 1.25pm

5 x 55 minute sessions per day

All gym sessions must be booked in advance of attending

**Indoor Cycling Classes Les Mills Classes Aquafit**

**Monday Monday**

7.15pm – 8.00pm 6.00pm - 6.45pm, Body Combat

From Jan 2022

**Tuesday Tuesday Tuesday**

6.00pm – 6.45pm 6.00pm – 7pm, Body Pump 11.00am-11.45am

**Wednesday Saturday Wednesday**

9.30am – 10.00am\* 9.00am - 10.00am, Body Pump 7.00pm -7.45pm

6.30pm – 7.15pm

**Thursday**

10am – 10.30am\* **Inductions**

7.00pm – 7.45pm

**Friday Exercise Referral Friday**

6.45pm – 7.30pm  **Tuesday 1.30pm - 2.30pm**  1.30pm- 2.30pm

**Sunday Friday 2.30pm - 3.30pm Sunday**

9.15am – 10.00am 9.00am- 10.00am

\*Most weeks but check the on line booking system for any changes.

Must be booked in advance of attending Bookings can be made: In person at reception

On-line at [www.moray.gov.uk/leisure](http://www.moray.gov.uk/leisure) By telephone to Reception 01542 832841