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**Sports & Leisure Services**

**Lossiemouth Sports & Community Centre**

**Fitness Room Timetable**

**Monday**

1.30pm - 8.25pm

7 x 55 minute sessions per day

**Tuesday**

6.45am – 7.40am

11.30am - 8.25pm

9 x 55 minutes per day

**Wednesday**

2.30pm – 8.25pm

6 x 55 minute sessions per day

**Thursday**

6.45am – 7.40am/9.30am – 8.25pm

12 x 55 minute sessions per day

**Friday**

1.30pm – 8.25pm

6 x 55 minutes per day

**Saturday**

9.30am – 13.25pm

4 x 55 minute sessions per day

**Sunday**

10.00am – 13.55pm

4 x 55 minute sessions per day

All sessions must be booked in advance of attending

Bookings can be made:

Fit-Life Members:

* On-line at [www.moray.gov.uk/leisure](http://www.moray.gov.uk/leisure)
* By telephone to Reception 01343 815299
* In person at Reception

Pay-as-you-go customers:

* On-line at [www.moray.gov.uk/leisure](http://www.moray.gov.uk/leisure)
* In person at Reception in advance of booking – payment to be made at time of booking

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**Sports & Leisure Services**

**Lossiemouth Sports & Community Centre**

**Fitness Class Timetable**

**Monday**

|  |  |
| --- | --- |
| Les Mills Body Pump | 6.00pm – 6.45pm |
| Les Mills Body Combat | 7.00pm – 7.45pm |

**Tuesday**

|  |  |
| --- | --- |
| Indoor Group Cycling | 5.45pm - 6.15pm |
| Indoor Group Cycling | 6.30pm - 7.00pm |
| Circuits | 6.15pm - 7.00pm |

**Wednesday**

|  |  |
| --- | --- |
| Pilates |  6.00pm – 6.45pm |
| Zumba | 6.30pm - 7.15pm |

**Thursday**

|  |  |
| --- | --- |
| Indoor Group Cycling | 6.45am – 7.15am |
| Pilates |  9.15am - 10.00am |
| Les Mills Body Pump | 6.45pm – 7.45pm |

**Friday**

|  |  |
| --- | --- |
| Indoor Group Cycling | 5.45pm – 6.15pm |
| Les Mills Body Pump | 6.00pm – 7.00pm |
| Zumba | 7.15pm – 8.00pm |

**Saturday**

|  |  |
| --- | --- |
| Indoor Group Cycling | 9.00am – 9.30am |
| Indoor Group Cycling |  9.45am - 10.15am |
| Les Mills Body Pump | 9.15am – 10.00am |
| Les Mills Body Combat |  10.15am – 11.00am |

**/.All sessions must be booked in advance of attending**

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