

**Sports & Leisure Services**

**Keith Sports & Community Centre**

**Fitness Room/Functional Room & Indoor Cycling Timetable**

**Fitness Room/Functional Room**

**Monday / Wednesday**

8.00am – 8.55pm (Fitness Room 7.15am)

13 x 55 minute sessions per day

Must be booked in advance of attending

**Tuesday / Thursday**

9.00am – 8.55pm

12 x 55 minute sessions per day

Must be booked in advance of attending

**Friday**

8.00am – 8.55am

10.00am – 8.55pm

12 x 55 minute sessions per day

Must be booked in advance of attending

**Saturday / Sunday**

8.30am – 1.25pm

5 x 55 minute sessions per day

Must be booked in advance of attending

2 x spin cycles available for self-use at above times also in Small Functional Room

**Indoor Cycling Timetable – Sports Hall**

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| Tuesday | 5.40pm – 6.20pm |
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| Wednesday | 6.00pm – 6.40pm |
|  |  |
| Friday | 7.00pm – 7.40pm |
|  |  |
| Saturday  | 9.30am – 10.10am |

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 01542 882222
* 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