

**Sports & Leisure Services**

**Elgin High School Sports Centre**

**Fitness Room Timetable**

**Monday to Thursday**

5.00pm – 9.00pm

4 x 55 minute sessions per day

**Friday**

2.30pm – 9.30pm

7 x 55 minute sessions per day

**Saturday**

9.00am – 12.00pm

3 x 55 minute sessions per day

**Fitness Class Timetable**

**Tuesday**

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| Les Mills Body Combat | 6.00pm – 7.00pm |

**Wednesday**

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|  |  |
| Les Mills Body Pump | 6.00pm – 7.00pm |

**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 543736
* 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