

CLIMBING WALL

TUESDAY	5.00pm – 7.00pm	7.00pm – 9.00pm
THURSDAY	5.00pm – 7.00pm	7.00pm – 9.00pm
SATURDAY	10.00am – 12.00pm	12.00pm – 2.00pm
SUNDAY	10.00am – 12.00pm	12.00pm – 2.00pm

Every Saturday we have a try and climb session, 10.00 am and 11.00am, which gives you the opportunity to have go.

This session is instructor lead and has to be booked in advance.

Fit Class (Aqua-aerobics) with Dani or Erin

Aquacise is a water based exercise class using all areas of the pool, suitable for all ages and fitness level. No need to book

Monday 7.00pm – 7.30pm

Fit Class (Boxercise) with Dani or Erin

Monday 7.30pm – 8.00pm

Prior booking is essential

Fit Class (Spinning) with Erin

Tuesday 7.00pm and 7.45pm

Prior booking is essential

All Fit Classes are free with Fitlife or £6.40 per session

ASTRO PITCH

Bookings can be made at the Speyside Sports and Community Centre as well booking online via the online system at www.moray.gov.uk



SPORTS HALL

Available for badminton, football, pickleball and basketball and remember this is included in your Fitlife membership



Speyside Sports and
Community Centre
and
Shand Centre, Dufftown

Pool – Fitness – Classes Timetable

Monday 25th November – Monday 23rd December 2024

We also have:

- Fitness-room with a range of training equipment
- Boxercise and Aquacise Class
- Climbing Wall
- Astro Pitch
- Sports Hall (badminton, football, basketball, pickleball)
- Table Tennis

Telephone 01340 871 641

E-mail - sportandleisure@moray.gov.uk
www.moray.gov.uk

Swimming Pool Timetable Monday 25th November – Monday 23rd December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3.00 – 4.00 Public Swimming 4.00 – 5.30 Lessons 5.45– 7.00 Public Swimming 7.00 – 7.30 Aquacise 7.30 – 9.00 Adults / Teens	3.00 – 4.00 Public Swimming 4.00 – 5.30 Lessons 5.45 – 8.00 Public Swimming 8.00 – 9.00 Adults / Teens	9.30 – 10.30 Adult Early Dip 10.30 -11.30 Public Swimming (2 lanes) Parent and Toddler 11.30 – 1.00 Public Swimming 1.30 – 2.30 Public Swimming (2 lanes) Parent and Toddler 2.30 - 4.00 Public Swimming 4.00 – 5.00 Lessons 5.15 – 6.15 Public Swimming 6.15 – 7.00 Family Swim Time 7.00 – 8.00 Public Swimming 8.00 – 9.00 Adults /Teens	3.00 – 4.00 Public Swimming 4.00 – 5.00 Lessons 5.00 – 6.00 Pool closed for staff training 6.00 – 8.00 Speyside Swimming Club 8.00 – 9.00 Adults / Teens	1.30 -4.00 Public Swimming 4.00 – 5.00 Lessons 5.15 – 6.00 Public Swimming 6.15 – 7.00 Fun Session 7.00 – 8.00 Public Session 8.00 – 9.00 Adult / Teens	9.00 – 10.00 Adults / Teens 10.00 – 12.00 Family Swim Time 12.00 – 2.00 Public Swimming	9.00 – 10.00 Adults / Teens 10.00 – 12.00 Family Swim Time 12.00 – 2.00 Public Swimming
All our public sessions are suitable for those with special needs						

Speyside Sports and Community Centre Fitness Suite Timetable Monday 25th November – Monday 23rd December 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3.30pm – 9. 00pm	3.30pm – 9.00pm	3.30pm – 9.00pm	3.30pm – 9.00pm	1.30pm– 9.00pm	9.00am -2.00pm	9.00am – 2.00pm

Shand Centre Fitness Suite, Dufftown Monday 1st December – Monday 23rd December 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning Class 9.30am – 10.00am 10.15am – 10.45am All Spinning Classes need to be booked in advance	Open Session 3.00pm – 6.00pm	Open Session 4.30pm – 7.30pm 5.00 pm – 7.00pm	Spinning Class 6.00pm – 6.30pm Open Session 6.45pm – 8.45pm	Open Session 4.30pm – 7.30pm 2.00pm – 5.00pm	CLOSED	CLOSED