



Milnes Fitness Suite Timetable **(with effect from 3rd January – 28th March 2025)**

Monday	4.00pm - 9.00pm Open Session 6.00pm - 6.45pm Indoor cycling
Tuesday	4.00pm - 9.00pm Open Session 5.30pm - 6.00pm Metafit 6.15pm - 7.00pm Pilates
Wednesday	4.00pm - 9.00pm Open Session 6.00pm - 6.45pm Indoor Cycling
Thursday	4.00pm - 9.00pm Open Session
Friday	5.00pm - 9.00pm Open Session 5.00pm - 5.30pm Kettle Bells
Saturday	930am - 1.00pm Open session

All classes and sessions are free with a FitLife card.

Note 1: “Open Sessions” - Users must have completed an induction or self-induction.

Note 2: This timetable may be subject to change at short notice.

Please see over for additional information



Exercise Classes

Indoor Cycling Class - Using a stationary bike, indoor cycling classes can increase energy, cardio-vascular fitness and lower body strength, as well as burning between 400-500 kcal in 45 minutes. Booking is essential as spaces are limited to 5 per class.

Please Note: Teenagers aged 13 – 15 are welcome to attend these classes for health, fitness and wellbeing. Adult cost applies or entry with Fit-Life membership.

Inductions: Please contact the facility to arrange an induction or self-induction for use of the Fitness Suite. User induction courses are free for FitLife members.

Bookings for classes and use of the fitness suite can be made:

- On-line at www.moray.gov.uk/leisure
- By telephone to Reception 01343 821434
- In person at Reception

Details and further information on any of the facilities and activities from:

Steven Hamilton

Sport & Leisure Supervisor

Telephone: 07583 093951

E-Mail: steven.hamilton@moray.gov.uk