

## 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](http://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

Friday 3<sup>rd</sup> January - 30<sup>th</sup> March 2025

### 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](mailto:sportandleisure@moray.gov.uk)

[www.moray.gov.uk](http://www.moray.gov.uk)

**Swimming Pool Timetable Friday 3<sup>rd</sup> January – Sunday 30<sup>th</sup> March 2025**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>3.00 – 4.00</b> Public Swimming <b>4.00 – 5.00</b> Lessons <b>5.15– 7.00</b> Public Swimming <b>7.00 – 7.30</b> Aquacise <b>7.30 – 9.00</b> Adults / Teens	<b>4.00 – 5.30</b> Lessons <b>5.45 – 8.00</b> Public Swimming <b>8.00 – 9.00</b> Adults / Teens	<b>9.30 – 10.30</b> Adult Early Dip <b>10.30 -11.30</b> Public Swimming ( 2 lanes ) Parent and Toddler <b>11.30 – 1.00</b> Public Swimming <b>1.30 – 2.30</b> Public Swimming ( 2 lanes ) Parent and Toddler <b>2.30 - 4.00</b> Public Swimming <b>4.00 – 5.00</b> Lessons	<b>4.00 – 4.30</b> Stroke Development <b>4.30 – 6.00</b> Pool closed for staff training <b>6.00 – 8.00</b> Speyside Swimming Club <b>8.00 – 9.00</b> Adults / Teens	<b>1.30 -4.00</b> Public Swimming <b>4.00 – 5.00</b> Lessons <b>5.15 – 6.00</b> Public Swimming <b>6.15 – 7.00</b> Fun Session <b>7.00 – 8.00</b> Public Session <b>8.00 – 9.00</b> Adult / Teens	<b>9.00 – 10.00</b> Adults / Teens <b>10.00 – 12.00</b> Family Swim Time <b>12.00 – 2.00</b> Public Swimming	<b>9.00 – 10.00</b> Adults / Teens <b>10.00 – 12.00</b> Family Swim Time <b>12.00 – 2.00</b> Public Swimming
<b>All our public sessions are suitable for those with special needs</b>		<b>5.15 – 6.15</b> Public Swimming <b>6.15 – 7.00</b> Family Swim Time <b>7.00 – 8.00</b> Public Swimming <b>8.00 – 9.00</b> Adults /Teens				

**Speyside Sports and Community Centre Fitness Suite Timetable Friday 3<sup>rd</sup> January –Sunday 30<sup>th</sup> March 2025**

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

**Shand Centre Fitness Suite, Dufftown Friday 3<sup>rd</sup> January – Sunday 30<sup>th</sup> March 2025**

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