

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 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 (Spinning) with Erin

Tuesday 7.00pm (30min session) and 7.45pm (45min session)

Prior booking is essential

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

GYM INDUCTIONS

Monday 7.00pm - Free with Fitlife

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

Timetable Monday 13th October – Sunday 26th October 2025

We also have:

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

Telephone 01340 871 641
E-mail – speyside.cc@moray.gov.uk
www.moray.gov.uk

Swimming Pool Timetable Monday 13th October - Sunday 26th October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2.30 – 4.00 Public Swimming 4.00 – 5.00 Lessons 5.15 – 7.00 Public Swimming 7.00 – 7.30 Aquacise 7.30 – 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 5.30 – 6.30 Public Swimming 6.30 – 8.00 Family Swim Time 8.00 – 9.00 Adult / 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 5.30 – 6.30 Public Swimming 6.30 - 8.00 Family Swim Time 8.00 – 9.00 Adult / Teens	2.00– 4.00 Public Swimming 4.00 – 5.00 Lessons 5.00 – 6.00 Pool closed for staff training 6.00 – 8.00 Public Session 8.00 – 9.00 Adults / Teens	2.00 -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
No Aquacise on Monday 13th October That will be public Swimming						

Speyside Sports and Community Centre Fitness Suite Timetable Monday 13th October - Sunday 26th October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2.30pm – 9. 00pm	9.30pm – 9.00pm	9.30pm – 9.00pm	2.00pm – 9.00pm	2.00pm– 9.00pm	9.00am -2.00pm	9.00am – 2.00pm

Shand Centre Fitness Suite, Dufftown Timetable Monday 13th October - Sunday 26th October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning Class 9.30am – 10.00am 10.15am – 10.45am Circuits 7.00pm – 7.30pm Gym 4.00pm – 7.00pm	Open Session 3.00pm – 7.00pm Spin Class 6.15pm – 6.45pm	Spin Class 4.15pm – 4.45pm Gym 4.00pm – 7.30pm	Spin Class 6.00pm – 6.30pm (Beth) Gym 6.45pm – 8.45pm	CLOSED	CLOSED	CLOSED