

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 – 7.45pm

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 (£6.75 after 1st April)

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

Monday 30th March – Sunday 12th April 2026

EASTER HOLIDAY TIMETABLE

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 30th March - Sunday 12th April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30 – 10.30 Adult Early Dip 10.30 – 11.30 Public Swimming including Parent and Toddler 11.30 – 1.30 Public Swimming 1.30 – 2.30 Public Swimming including Parent and Toddler 2.30 – 4.00 Public Swimming 4.00 – 5.00 Crash Course Lessons 5.30 – 7.00 Public Swimming 7.00 – 7.45 Aquacise 7.45– 9.00 Adults / Teens	9.30 – 10.30 Adult Early Dip 10.30 – 11.30 Fun Session 11.30 – 1.00 Public Swimming Including Parent and Toddler 1.00 – 4.00 Public Swimming 4.00 – 5.00 Crash Course Lessons 5.30 – 6.30 Public Swimming 6.30 – 7.30 Fun Session 7.30 – 9.00 Adults / Teens	9.30 – 10.30 Adult Early Dip 10.30 -11.30 Public Swimming including Parent and Toddler 11.30 – 1.00 Public Swimming 1.30 – 2.30 Public Swimming including Parent and Toddler 2.30 – 4.00 Public Swimming 4.00 – 5.00 Crash Course Lessons 5.30 – 6.15 Public Swimming 6.15 – 7.00 Family Swim Time 7.00 – 8.00 Public Swimming 8.00 – 9.00 Adults / Teens	9.30 – 10.30 Adult Early Dip 10.30 – 11.30 Fun Session 11.30 – 1.00 Public Swimming Including Parent and Toddler 1.00 – 4.00 Public Swimming 4.00 – 5.00 Crash Course Lessons 5.30 – 6.30 Public Swimming 6.30 – 7.30 Fun Session 7.30 – 9.00 Adults / Teens	9.30 – 10.30 Adult Early Dip 10.30 – 11.30 Fun Session 11.30 – 1.00 Public Swimming Including Parent and Toddler 1.00 – 4.00 Public Swimming 4.00 – 5.00 Crash Course Lessons 5.30 – 6.30 Public Swimming 6.30 – 7.30 Fun Session 7.30 – 9.00 Adults / Teens <p align="center">Speyside Sports and Community Centre will be closed on Friday 3rd April</p>	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

Speyside Sports and Community Centre Fitness Suite Timetable Monday 30th March – Sunday 12th April 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30am – 9.00pm	9.30am – 9.00pm	9.30am – 9.00pm	9.30am – 9.00pm	9.30am– 9.00pm	9.00am -2.00pm	9.00am – 2.00pm

Shand Centre Fitness Suite, Dufftown Timetable Monday 30th March – Sunday 12th April 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning Class 9.30am – 10.00am 10.15am – 10.45am Circuits 7.00pm – 7.30pm Gym 5.00pm – 7.00pm	Open Session 3.00pm – 6.00pm Spin Class 6.15pm – 6.45pm	Beginners / seniors weight class 3.35pm – 4.05pm Intermediate Weights class 4.14pm – 4.45pm Circuit 4.55pm – 5.25pm Gym 5.30pm – 7.00pm	Spin Class 6.00pm – 6.30pm (Beth) Gym 6.45pm – 8.45pm	CLOSED	CLOSED	CLOSED

