

Moray Leisure Centre Gym

Monday 13th April - Sunday 5th July

*Please note that times may vary due to operational requirements.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
0600								0600	
0615								0615	
0630								0630	
0645								0645	
0700	Inductions 0700 - 0730	Inductions 0700 - 0730	Inductions 0700 - 0730	Learn 2 Lift 0700 - 0745				0700	
0715								0715	
0730					Gym Circuits 0730 - 0800			0730	
0745								0745	
0800	Gym Circuits 0800 - 0830	Learn 2 Lift 0800 - 0845	Gym Circuits 0800 - 0830		Inductions 0800 - 0900	Functional Fit 0800 - 0830		0800	
0815								0815	
0830				Inductions 0830 - 0900		Inductions 0830 - 0900	Inductions 0830 - 0900	0830	
0845								0845	
0900								0900	
0915					Functional Fit 0915 - 0945		Functional Fit 0915 - 0945	0915	
0930								0930	
0945								0945	
1000								1000	
1015	Functional Fit 1015 - 1045		Functional Fit 1015 - 1045					1015	
1030								1030	
1045								1045	
1100						Inductions 1100 - 1130	Inductions 1100 - 1130	1100	
1115								1115	
1130								1130	
1145								1145	
1200	Inductions 1200-1230	Active Life 1200 - 1230	Inductions 1230	Active Life 1200 - 1230	Inductions 1200 - 1230	Meno Strength 1200 - 1230	Inductions 1200-1230	Inductions 1200-1230	1200
1215								1215	
1230								1230	
1245								1245	
1300								1300	
1315								1315	
1330						Teen Gym		1330	
1345								1345	
1400								1400	
1415								1415	
1430								1430	
1445							1200 - 1500	1445	
1500								1500	
1515								1515	
1530						1330 - 1530		1530	
1545							Inductions 1530 - 1600	Inductions 1530 - 1600	1545
1600	Teen Gym		Teen Gym					1600	
1615								1615	
1630								1630	
1645								1645	
1700								1700	
1715		Gym Circuits 1715 - 1745						1715	
1730								1730	
1745	1600 - 1800		1600 - 1800					1745	
1800				Meno Strength 1800-1830				1800	
1815								1815	
1830								1830	
1845								1845	
1900	Inductions 1900 - 1930	Inductions 1900 - 1930	Inductions 1900 - 1930	Inductions 1900 - 1930	Inductions 1900 - 1930			1900	
1915								1915	
1930								1930	
1945								1945	
2000								2000	
2015								2015	
2030								2030	
2045								2045	
2100								2100	
2115								2115	
2130								2130	
2145								2145	
2200								2200	
2215								2215	
2230								2230	
2245								2245	

View Class Descriptions here:

<https://www.morayleisurecentre.com/gym/>