Moray Leisure Centre Gym Holiday timetable

Monday 6th July - Sunday 16th August

	MON	TUE	WED	THU	FRI	SAT	SUN
0700	**Inductions** 0700 - 0730	**Inductions** 0700 - 0730	**Inductions** 0700 - 0730	**Learn 2 Lift** 0700 - 0745			
0715							
0730					**Functional Fit** 0730 - 0800		
0745							
0800	**Gym Circuits** 0800 - 0830	**Learn 2 Lift** 0800 - 0845	**Gym Circuits** 0800 - 0830		**Inductions** 0800 - 0900	**Functional Fit** 0800 - 0830	
0815							
0830				**Inductions** 0830 - 0900		**Inductions** 0830 - 0900	**Inductions** 0830 - 0900
0845							
0900							
0915					**Functional Fit** 0915 - 0945		**Functional Fit** 0915 - 0945
0930							
0945							
1000							
1015	**Functional fit** 1015 - 1045		**Functional Fit** 1015 - 1045				
1030							
1045							
1100						**Inductions** 1100 - 1130	**Inductions** 1100 - 1130
1115							
1130							
1145							
1200	**Inductions** 1200 - 1230	**Active Life** 1200 - 1230 / **Inductions** 1200 - 1230	**Functional Fit** 1200 - 1230 / **Inductions** 1200 - 1230	**Menofit Strength** 1200 - 1230 / **Inductions** 1200 - 1230	**Inductions** 1200 - 1230	**Teen Gym** 1200 - 1500	**Teen Gym** 1200 - 1500
1215							
1230							
1245							
1300	**Teen Gym** 1300 - 1500	**Teen Gym** 1300 - 1500	**Teen Gym** 1300 - 1500	**Teen Gym** 1300 - 1500	**Teen Gym** 1300 - 1500		
1315							
1330							
1345							
1400							
1415							
1430							
1445							
1500							
1515							
1530							
1545							
1600							
1615							
1630							
1645							
1700							
1715		**Gym Circuits** 1715 - 1745					
1730							
1745							
1800				**Menofit Strength** 1800-1830			
1815							
1830							
1845							
1900	**Inductions** 1900 - 1930	**Inductions** 1900 - 1930	**Inductions** 1900 - 1930	**Inductions** 1900 - 1930			
1915							
1930							
1945							
2000							
2015							
2030							
2045							
2100							
2115							
2130							
2145							
2200							
2215							
2230							
2245							