

Moray Leisure Centre Gym Timetable

Monday 17th August - Sunday 11th October



	MON	TUE	WED	THU	FRI	SAT	SUN	
0600								0600
0615								0615
0630								0630
0645								0645
0700	Gym Inductions 0700 - 0730	Gym Inductions 0700 - 0730	Gym Inductions 0700 - 0730	Learn 2 Lift 0700 - 0745				0700
0715					Gym Circuits 0730 - 0800			0715
0730								0730
0745								0745
0800	Gym Circuits 0800 - 0830	Learn 2 Lift 0800 - 0845	Gym Circuits 0800 - 0830		Gym Inductions 0800 - 0900	Functional Fit 0800 - 0830		0800
0815								0815
0830				Gym Inductions 0830 - 0900		Gym Inductions 0830 - 0900	Gym Inductions 0830 - 0900	0830
0845								0845
0900								0900
0915					Funcional 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								1100
1115								1115
1130								1130
1145								1145
1200	Gym Inductions 1200 - 1245	Active Life 1200-1230 Gym Inductions 1200 - 1230	Active Life 1200-1230 Gym Inductions 1200 - 1245	Meno Strength 1200- 1230 Gym Inductions 1200 - 1230	Gym Inductions 1200 - 1230			1200
1215								1215
1230								1230
1245								1245
1300								1300
1315								1315
1330								1330
1345								1345
1400								1400
1415								1415
1430								1430
1445								1445
1500								1500
1515								1515
1530								1530
1545								1545
1600								1600
1615								1615
1630								1630
1645								1645
1700								1700
1715								1715
1730								1730
1745								1745
1800								1800
1815								1815
1830								1830
1845								1845
1900	Gym Inductions 1900 - 1930	Gym Inductions 1900 - 1930	Gym Inductions 1900 - 1930	Gym Inductions 1900 - 1930	Gym Inductions 1900 - 1930			1900
1915								1915
1930								1930
1945								1945
2000								2000
2015								2015
2030								2030
2045								2045
2100								2100
2115								2125
2130								2130
2145								2145
2200								2200
2215								2215
2230								2230
2245								2245