

Moray Leisure Centre Gym Holiday timetable

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