



Moray Sports Centre Festive Timetable 19/12/19 to 03/01/20

Thu 19/12 07:00 - 07:30 Indoor Cycle 10:30 - 11:00 Full Body Stretch 13:00 - 13:30 Indoor Cycle 17:30 - 18:00 Circuits 18:00 - 18:45 Kick&Box 18:15 - 19:00 FatBurner 19:15 - 19:45 HIIT for Beginners FRI 20/12 09:15 - 10:00 PiYo 13:15 - 13:45 Indoor Cycle 16:30 - 17:00 Core 17:30 - 18:00 FatBurner 18:15 - 18:45 UB2020 Taster Sat 21/12 10:30 - 11:00 Full Body Stretch 12:30 - 13:15 LBT 14:15 - 15:00 Total Body Blast Sun 22/12 09:00 - 09:30 Full Body Stretch 12:00 - 12:30 Circuits 12:45 - 13:30 LBT	Mon 23/12 09:30 - 10:30 Body Pump 10:30 - 11:30 Pilates 12:45 - 13:15 Indoor Cycle 18:00 - 18:30 Core 18:30 - 19:15 LBT 19:15 - 19:45 Full Body Stretch Tue 24/12 07:45 - 08:30 Pilates 10:00 - 13:00 Christmas Eve Bootcamp* 13:15 - 13:45 Indoor Cycle Wed 25/12 Merry Christmas Thu 26/12 Boxing Day Fri 27/12 09:15 - 10:00 PiYo 13:15 - 13:45 Indoor Cycle 16:30 - 17:00 Core 17:30 - 18:15 Pilates 18:30 - 19:30 Body Pump	Sat 28/12 10:30 - 11:00 Full Body Stretch 12:30 - 13:15 LBT 14:15 - 15:00 Total Body Blast Sun 29/12 09:00 - 09:30 Full Body Stretch 12:00 - 12:30 Circuits 12:45 - 13:30 LBT Mon 30/12 09:30 - 10:30 Body Pump 10:30 - 11:30 Pilates 12:45 - 13:15 Kick&Box 18:00 - 18:30 MSC Barbells 18:30 - 19:15 FatBurner 19:30 - 20:00 Full Body Stretch Tue 31/12 07:45 - 08:30 Pilates 13:00 - 16:00 Hogmanay Bootcamp* 13:15 - 13:45 Indoor Cycle Wed 01/01 Happy New Year	Thu 02/01 09:30 - 10:00 Full body Stretch 12:45 - 13:15 Indoor Cycle 17:30 - 18:00 Circuits 18:00 - 18:45 Kick&Box 18:15 - 19:00 FatBurner 19:15 - 19:45 HIIT for Beginners Fri 03/01 09:15 - 10:00 PiYo 13:15 - 13:45 Indoor Cycle 16:30 - 17:00 Core 17:30 - 18:15 Pilates 18:30 - 19:30 Body Pump
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*Christmas & Hogmanay Bootcamp sessions are included in memberships. Non-members and Pay as you play are welcome to attend at £10 per person.

