



Sports & Leisure Services
Forres House Community Centre
Sports Timetable

Monday– Saturday October 26th - Dec 23rd 2009

Monday	9.00am - 11.00am	Adult Public Badminton (3 courts)
	10.00am - 11.00pm	Hot Shots (2 courts)
	12.00pm - 1.00pm	Public Badminton (3 courts)
	1.30pm - 3.30pm	Forres Indoor Bowlers
	1.30pm - 3.00pm	Moray Steiner School
	4.00pm - 6.00pm	Ross County Football
	7.00pm - 10.00pm	Super league 5 a side Football
	Tuesday	9.00am - 11.00am
10.00am - 11.00am	Dancercise	
11.00am - 12.30pm	Adult Public Badminton (5 courts)	
1.30pm - 4.30pm	Adult Public Badminton (2 courts)	
12.30pm - 1.30pm	Anderson's Primary	
1.30pm - 3.00pm	Moray Steiner School	
3.30pm - 4.30pm	Anderson's Primary	
5.30pm - 6.30pm	James Jones Football	
7.00pm - 9.15pm	Trampoline Club (P4-7 &S1-S6)	
7.00pm - 10.00pm	Adult Badminton (2 courts)	
Wednesday	9.00am - 10.00am	Adult Public Badminton (4 courts)
10.00am - 12 noon	Adult Public Badminton (2 courts)	
10.00am - 11.00am	Daoyin	
11.00am - 12.00noon	Tai Chi	
12 noon - 3.30pm	Adult Public Badminton (5 courts)	
3.30pm - 5.00pm	Mini Tennis	
5.00pm - 6.45pm	Badminton Moray	
7.00pm - 10.00pm	Forres House Archery	
Thursday	9.00am - 10.00am	Adult Public Badminton (4 courts)
9.00am - 12 noon	Towerview (Trampoline Rebound Therapy)	
10.00am - 12 noon	Golden Girls (Badminton)	
1.30pm - 3.00pm	Moray Steiner School	
3.30pm - 4.30pm	Applegrove Primary	
5.15pm - 6.45pm	Phoenix Martial Arts	
7.00pm - 10.00pm	Adult Public Badminton (5 Courts)	
Friday	9.00am - 12.30pm	Adult Public Badminton (2 courts)
10.00am - 12.00pm	Hotshots	
12.30pm - 1.30pm	Anderson's Primary	
1.30pm - 3.30pm	Adult Public Badminton (2courts)	
1.00pm - 3.30pm	Bowling	
3.30pm - 4.30pm	Anderson's Primary (4 court)	
3.30pm - 4.30pm	After School Club (1 court)	
4.30pm - 8.00pm	Forres Academy Badminton	
8.00pm - 10.00pm	Pay and play Football (16's up)	
Saturday	10.00am - 11.00am	Trampoline Club (P4-P7)
10.00am - 12.00	Racket Sports and Ball Games	
12.30pm - 3.00pm	Basketball	
-	Also Hall available for private hire	
	Football parties etc	

For further information please contact Forres House Community Centre on 01309 672838