



# ADULT CLASS TIMETABLE



**McLaren  
Leisure**

## MONDAY

- 07:00-07:45 **RigFIT**
- 09:30-10:30 **Active Life**
- 11:00-12:00 **Chair Yoga**
- 12:30-13:00 **KettleFIT**
- 17:30-18:15 **RigFIT**
- 18:00-19:00 **YogaFIT**
- 18:20-19:05 **CycleFIT**
- 19:00-20:00 **Walking Football\***
- 19:15-20:15 **CycleFIT sport**
- 19:15-20:15 **PumpFIT**
- 19:30-21:00 **Table Tennis\***
- 20:15-21:00 **CoreFIT**

## TUESDAY

- 06:15-07:00 **PowerFIT**
- 09:15-10:00 **CycleFIT**
- 10:00-11:00 **AquaFIT Lite**
- 11:00-12:00 **MumFIT**
- 12:00-13:00 **Yoga**
- 17:30-18:15 **Zumba**
- 18:15-19:00 **PowerFIT**
- 19:15-20:00 **RigFIT**
- 19:15-20:00 **AquaFIT**
- 19:30-21:00 **Yoga**

## WEDNESDAY

- 06:15-06:45 **CycleFIT Express**
- 07:00-07:45 **RigFIT**
- 09:30-10:30 **Active Life**
- 12:15-12:45 **RigFIT**
- 17:30-18:00 **CoreFIT**
- 18:00-18:30 **Aerobics**
- 18:45-19:30 **CycleFIT**
- 19:00-21:00 **Pickleball\***

## THURSDAY





- 10:00-11:00 **AquaFIT Lite**
- 17:30-18:15 **RigFIT**
- 18:00-18:45 **SwimFIT**
- 18:00-19:00 **YogaFIT**
- 19:00-20:00 **CycleFIT sport**
- 19:15-20:00 **AquaFIT**
- 19:15-20:15 **PumpFIT**
- 20:15-21:00 **StretchFIT**

## FRIDAY

- 07:00-07:45 **RigFIT**
- 09:15-10:00 **RigFIT**
- 10:00-11:00 **Active Life**
- 11:00-11:45 **Zumba Gold**
- 11:00-12:00 **MumFIT**
- 17:30-18:00 **CycleFIT**

## SATURDAY

- 09:00-09:45 **RigFIT**

-  **16+ Years**
-  **Included in Membership**
-  **Pay as you go**
-  **Book Online**



**BOOK TODAY**

\*Non instructed - Social Sports



**FULL CLASS?**  
Don't forget to join the waiting list to snap up any cancelled spaces!

