



McLaren
Leisure

ADULT CLASSES

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
18:30-19:05		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
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
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FULL CLASS?

Join the waiting list to snap up any last minute spaces!



Included in all in adult membership or pay as you go!



SCAN TO BOOK

*Non instructed - Social Sports