



TEEN CLASS TIMETABLE



**McLaren
Leisure**

MONDAY

- ML 16:00-17:00 **TeenFIT** (14-16y)
- ML 18:20-19:05 **CycleFIT** (14+)
- ML 20:15-21:00 **CoreFIT** (14+)

THURSDAY

- ML 15:30-16:30 **TeenFIT** (14+)
- ML 17:00-18:00 **Climbing Club** (P6-S2)
- ML 18:20-19:00 **SportFIT** (12-16y)

TUESDAY

- ML 09:15-10:00 **CycleFIT** (14+)
- ML 16:00-17:00 **TeenFIT** (14+)
- ML 17:30-18:00 **Strong Nation** (14+)
- AP 18:00-20:00 **Innovate Gymnastics** (P7+)
- AP 19:00-20:00 **Central Athletics**
- ML 19:15-20:00 **AquaFIT** (14+)

FRIDAY

- ML 17:30-18:00 **CycleFIT** (14+)
- AP 19:00-20:30 **Trossachs Tigers** (P3+)

SATURDAY

- AP 12:00-14:00 **Taekwondo** (5+)

WEDNESDAY

- ML 15:30-16:30 **TeenFIT** (14+)
- AP 16:30-21:00 **Dance Connection** (5+)
- ML 17:30-18:00 **CoreFIT** (14+)
- ML 18:00-18:30 **Aerobics** (14+)
- ML 18:45-19:30 **CycleFIT** (14+)
- AP 19:00-21:00 **Taekwondo** (5+)

Timetable correct as of 30/07/25. Subject to change -
View full terms and conditions and class descriptions online



FULL CLASS?

Don't forget to join the
waiting list to snap up
any cancelled spaces!

ML Classes run by
McLaren Leisure.
Available on a
block or pre
booking basis.

ML Classes run by
McLaren Leisure.
Included in your All
in membership or
PAYG.

AP Classes run by
activity providing
partners. Group
details available
online. See QR
Code.



**FIND OUT MORE
& BOOK TODAY**

