

TEEN CLASSES

MONDAY

16:00-17:00		TeenFIT	14-16y
18:30-19:05		CycleFIT	14+
20:15-21:00		CoreFIT	14+

TUESDAY

09:15-10:00		CycleFIT	14 +
16:00-17:00		TeenFIT	14-16Y
17:30-18:15		Zumba	14+
18:00-20:00		Innovate Gymnastics	p7+
19:15-20:00		AquaFIT	14+

WEDNESDAY

06:15-06:45		CycleFIT	14+
09:00-10:00		TeenFIT	14 - 16y
16:00-17:00		Dance Connection	5+
17:30-18:00		CoreFIT	14+
18:00-18:30		Aerobics	14+
18:45-19:30		CycleFIT	14+
19:15-20:00		Taekwondo	5+

THURSDAY

15:30-16:30		TeenFIT	14-16Y
17:00-18:00		Climbing Club	P6-S2
18:20-19:00		SportFIT	12-16Y
19:15-20:00		AquaFIT	14+
20:15-21:00		StretchFIT	14+

FRIDAY

17:30-18:00		CycleFIT	14+
19:00-20:30		Trossachs Tigers Hockey	P3+
16:00-21:00		Dance Connection	5+

SATURDAY

12:00-14:00		Taekwondo	5+
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**CHECK OUT YOUR ALL IN
MEMBERSHIP OPTIONS &
SAVE ON WEEKLY CLASSES**



 **Block booking Only. Block lengths may vary with school terms.**
(Not included in ML memberships)

 **Included in ML All In Junior Membership** Also available to pay as you go

 **Classes run by activity providing partners. Group details available online. See QR Code.**
(Not included in ML memberships or payments)



FIND OUT MORE