



McLaren
Leisure

Festive Fitness Class Timetable

Thursday 18th December 2025 - Sunday 4th January 2026

THURSDAY 18TH DECEMBER

10:00-11:00 **AquaFIT LITE** (16+) 🎅
15:30-16:30 **TeenFIT** (14+)
17:30-18:15 **RigFIT** (16+)
18:00-18:45 **SwimFIT** (16+)
18:00-19:00 **YogaFIT** (16+)
19:00-20:00 **CycleFIT Sport** (16+)
20:15-21:00 **StretchFIT** (14+)

FRIDAY 19TH DECEMBER

07:00-07:45 **RigFIT** (16+)
09:15-10:00 **RigFIT** (16+)
10:00-11:00 **Active Life** (16+)
11:00-12:00 **MumFIT**
17:30-18:00 **CycleFIT** (14+)

SATURDAY 20TH DECEMBER

09:00-09:45 **RigFIT** (16+)

MONDAY 22ND DECEMBER

07:00-07:45 **RigFIT** (16+)
09:30-10:30 **Active Life** (16+)
11:00-12:00 **Chair Yoga** (16+)
12:30-13:00 **KettleFIT** (16+)
16:00-17:00 **TeenFIT** (14+)
17:30-18:15 **RigFIT** (16+)
18:30-19:30 **CycleFIT** (14+) 🎅
19:00-20:00 **Walking Football**
19:30-21:00 **Table Tennis** (14+)

TUESDAY 23RD DECEMBER

09:45-10:30 **CycleFIT** (16+)
11:00-12:00 **MumFIT**
12:00-13:00 **Yoga** (16+)
16:00-17:00 **TeenFIT** (14+)
18:00-18:45 **PowerFIT** (16+)
19:00-19:45 **RigFIT** (16+)
19:15-20:00 **AquaFIT** (14+)
19:30-21:00 **Yoga** (16+)

WEDNESDAY 24TH DECEMBER

09:30-10:15 **CycleFIT** (14+)
10:30-11:15 **RigFIT** (16+)

SATURDAY 27TH DECEMBER

09:00-09:45 **RigFIT** (16+)

MONDAY 29TH DECEMBER

09:30-10:30 **Active Life** (16+)
09:30-10:15 **RigFIT** (16+)
10:30-11:15 **CycleFIT** (14+)

TUESDAY 30TH DECEMBER

09:30-10:15 **RigFIT** (16+)
10:30-11:00 **CoreFIT** (14+)
11:00-12:00 **AquaFIT** (14+)

WEDNESDAY 31ST DECEMBER

09:30-10:15 **CycleFIT** (14+)
10:30-11:15 **RigFIT** (16+)



CHRISTMAS SPECIAL



NORMAL TIMETABLE
RESUMES MONDAY 5TH
JANUARY 2026



BOOK TODAY

