



# ADULT CLASS TIMETABLE



**McLaren  
Leisure**

## Monday

RigFIT	07:00 - 07:45
Active Life	09:30 - 10:30
Chair Yoga	11:00 - 12:00
KettleFIT	12:15 - 12:45
RigFIT	17:30 - 18:15
YogaFIT	18:00 - 19:00
CycleFIT	18:20 - 19:05
CycleFIT Adv	19:15 - 20:15
PumpFIT	19:15 - 20:15
CoreFIT	20:15 - 21:00

## Tuesday

CycleFIT	09:15 - 10:00
AquaFIT Lite	10:00 - 11:00
MumFIT	11:00 - 12:00
Yoga	12:00 - 13:00
StrongNation	17:30 - 18:00
PowerFIT	18:00 - 18:45
RigFit	19:00 - 19:45
AquaFit	19:15 - 20:00
Yoga	19:30 - 21:00

## Wednesday

RigFIT	07:00 - 07:45
Active Life	09:30 - 10:30
RigFIT	12:15 - 12:45
CoreFIT	17:30 - 18:00
Aerobics	18:00 - 18:30
CycleFIT	18:45 - 19:30

## Thursday

AquaFIT Lite	11:00 - 12:00
RigFIT	17:30 - 18:15
SwimFIT	18:00 - 18:45
Yoga Fit	18:00 - 19:00
CycleFIT Adv	19:00 - 20:00
PumpFIT	19:15 - 20:15
StretchFIT	20:15 - 21:00

## Friday

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

## Saturday

RigFIT	09:00 - 09:45
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- ✓ 16+ Years
- ✓ Included in Membership
- ✓ Pay as you go
- ✓ Book Online



**BOOK TODAY**

