



ADULT CLASS TIMETABLE



McLaren
Leisure

MONDAY

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

TUESDAY

09:15-10:00 **CycleFIT**
10:45-11:45 **AquaFIT Lite**
11:00-12:00 **MumFIT**
12:00-13:00 **Yoga**
18:00-18:45 **PowerFIT**
19:00-19:45 **RigFIT**
19:15-20:00 **AquaFIT**
19:30-21:00 **Yoga**

WEDNESDAY

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**
19:00-20:30 **Pickleball**

THURSDAY

12:15-13:15 **AquaFIT Lite**
17:30-18:15 **RigFIT**
18:00-18:45 **SwimFIT**
18:00-19:00 **YogaFIT**
19:00-20:00 **CycleFIT Adv**
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**
11:00-12:00 **MumFIT**
17:30-18:00 **CycleFIT**

SATURDAY

09:00-09:45 **RigFIT**



16+ Years



**Included in
Membership**



Pay as you go



Book Online



BOOK TODAY



FULL CLASS?

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

