



# 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+)

## TUESDAY

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

## 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+)

## 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)
- ML 19:15-20:00 **AquaFIT** (14+)
- ML 20:15-21:00 **StretchFIT** (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+)

Timetable correct as of 27/05/2026. 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**

