



TEEN CLASS TIMETABLE



**McLaren
Leisure**

MON

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

TUES

CycleFIT	09:15 - 10:00	14+
Teen FIT	16:00 - 17:00	14+
Strong Nation	17:30 - 18:00	14+
AquaFit	19:15 - 20:00	14+

WED

TeenFIT	15:30 - 16:30	14+
CoreFIT	17:30 - 18:00	14+
Aerobics	18:00 - 18:30	14+
BoxFIT	18:35 - 19:20	14+
CycleFIT	19:30 - 20:15	14+

FRI THUR

TeenFIT	15:30 - 16:30	14+
SportFIT	18:20 - 19:00	12+

FRI

CycleFIT	17:30 - 18:00	14+
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- ✓ 12 – 16 Years
- ✓ Included in Membership
- ✓ Pay as you go
- ✓ Book Online



BOOK TODAY

Terms and conditions and full class descriptions available online.

