

# Fitness Class Timetable

## McLaren Leisure

Accurate as of 19/04/2024

### Times for Thursday 24 September



Time	Session	Facility	Instructor	Type
09:00 - 10:00	Aqua Therapy	Indoor Pool	Lynn	Swimming
10:00 - 11:00	Active Life	Fitness Studio	Craig	Adult Classes
19:00 - 19:45	Ultra HIIT	Main Hall	Claire R	Adult Classes
20:00 - 21:00	Cycle Fit	Studio 2	Claire R	Adult Classes