

Fitness Class Timetable

McLaren Leisure

Accurate as of 19/05/2024

Times for Monday 22 April



| Time | Session | Facility | Instructor | Type |
|---------------|-------------|----------------|------------|---------------|
| 09:30 - 10:30 | 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 |