

Adult Fitness Classes

***50% off marked fitness class admissions with your DD fitness suite membership!**

Class	Time	Cost	To book contact:
Monday			
* Active Life	09:30-10:30	£5.00	Drop in session-no booking required
Julia Osfield yoga	Various times	£5-£8	julia.osfield@googlemail.com
Cycle FIT	19:00-20:00	£5.70	01877 330000
Pilates	19:00-21:00		www.callanderphysiotherapy.co.uk
Tuesday			
* Aquacise	19:00-20:00	£5.00	Drop in session-no booking required
* Hatha Yoga	19:30-21:00	£7.20	Drop in session-no booking required
Badminton Club	19:30-21:00		Drop in session-no booking required
Wednesday			
Taekwondo	19:00-21:00		falkirktaekwondo@gmail.com
Gyrokinesis	19:15-20:15	£12.00	Aleks - 07515886316
* Boot camp	19:00-20:00	£5.20	Drop in session-no booking required
Thursday			
* Aqua Therapy	09:00-10:00	£5.00	Drop in session-no booking required
* Kettlebells	19:00-19:45	£5.20	01877 330000
Julia Osfield yoga	Various times	£5-£8	julia.osfield@googlemail.com
* Cycle FIT	19:00-20:00	£5.70	01877 330000

Junior Activities

Class	Time	Age	To book contact:
Monday			
Climbing Club(B)	16:00-17:00	P1-P7	reception@mclarenleisure.co.uk
Climbing Club (I)	17:00-18:00	P1-P7	reception@mclarenleisure.co.uk
Soccer School	17:00-18:00	P1-P7	reception@mclarenleisure.co.uk
Dance Connection	16:00 - 21:00	Age 4 +	www.danceconnectiononline.co.uk
Tuesday			
Music Bugs	09:30-10:30	0-4 years	roslyn@musicbugs.co.uk
Central Athletics	19:00-20:30	Age 9 +	info@centralathletics.co.uk
Goldray Performers	17:00-19:00	P1-P7	goldrayperformers@gmail.com
Wednesday			
Trossachs Tiny Tots	09:30-11:30	0-4 years	Drop in session - no booking required
Taekwondo	19:00-21:00	5+	falkirktaekwondo@gmail.com
Callander Thistle	17:30-19:00	2010-2012	Callanderthistleyouthclub@gmail.com
Thursday			
Climbing Club(B)	16:00-17:00	P1-P7	reception@mclarenleisure.co.uk
Friday			
Spike Island	19:30-21:00	Age 8 +	Drop in session - no booking required Users must be age 8+ & able to swim 20m unaided.
Saturday			
Kiddy Kicks	09:30-10:00	2-5 years	reception@mclarenleisure.co.uk
Kiddy Kicks	10:00-10:30	3-5 years	reception@mclarenleisure.co.uk
Hockey	08:30-10:30	P3 +	Find us on Facebook
Sunday			
Rugby Tots	09:30-10:45	2-5 years	david.grainey@rugbytots.co.uk