







The Leisure Club Class Timetable - from March 2024

All bookings must be made through the Mywellness app - Speak to The Leisure Club team for more details

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
7.30	Morning Bootcamp	8.15	Indoor Cycle	9.30	Bodytone	7.30	Morning Bootcamp	8.15	Indoor Cycle	8.00	Children's swim*	9.30	Indoor Cycle
8.00	Average 2023 occupancy - 40%	8.45	Average 2023 occupancy - 35%	10.15	Average 2023 occupancy - 60%	8.15	Average 2023 occupancy - 40%	8.45	Average 2023 occupancy - 40%	9.00	Average 2023 occupancy - 20%	10.00	Average 2023 occupancy - 88%
8.10	Morning Yoga Flow	9.30	Aqua Aerobics	10.00	Aqua Aerobics	9.15	Yoga	9.30	Fitness Pilates	9.30	Indoor Cycle	10.30	Legs, Bums & Tums
8.55	Average 2023 occupancy - 40%	10.15	Average 2023 occupancy - 92%	10.45	Average 2023 occupancy - 92%	10.15	Average 2023 occupancy - 70%	10.30	Average 2023 occupancy - 75%	10.00	Average 2023 occupancy - 88%	11.15	Average 2023 occupancy - 60%
9.30	Bodytone	10.45	Barre Fitness	10.45	Tone and Core	10.45	Bodytone	10.00	Aqua Aerobics	10.30	Bodytone	15.00	Stability & Stretch
10.15	Average 2023 occupancy - 70%	11.30	Average 2023 occupancy - 90%	11.30	Average 2023 occupancy - 30%	11.30	Average 2023 occupancy - 50%	10.45	Average 2023 occupancy - 92%	11.15	Average 2023 occupancy - 95%	15.45	Average 2023 occupancy - 40%
10.00	Aqua Aerobics	12.00	Fitness Pilates	12.30	Pilates	12.00	Aqua Aerobics	11.00	Fitness Pilates	15.00	Stability & Stretch	16.00	Children's swim*
10.45	Average 2023 occupancy - 92%	13.00	Average 2023 occupancy - 75%	13.30	Average 2023 occupancy - 50%	12.45	Average 2023 occupancy - 92%	12.00	Average 2023 occupancy - 50%	15.45	Average 2023 occupancy - 30%	17.00	Average 2023 occupancy - 35%
10.45	Bodytone	14.00	Fitness Pilates	17.30	Indoor Cycle	16.45	Barre Fitness	13.00	Relax & Stretch	16.00	Children's swim*		
11.30	Average 2023 occupancy - 40%	15.00	Average 2023 occupancy - 45%	18.00	Average 2023 occupancy - 55%	17.30	Average 2023 occupancy - 90%	13.45	Average 2023 occupancy - 75%	18.00	HIIT Mania		
12.00	Fitness Pilates	17.00	Yoga	17.30	Zumba Fitness	18.00	Fitness Pilates	18.30	Average 2023 occupancy - 40%				
13.00	Average 2023 occupancy - 75%	18.00	Average 2023 occupancy - 60%	18.15	Average 2023 occupancy - 60%	19.00	Average 2023 occupancy - 85%	20.00	Average 2023 occupancy - 50%				
14.00	Fitness Pilates	18.30	Bodytone	18.30	Yoga	19.30	Abs, Back & Core	19.30	Aqua Aerobics				
15.00	Average 2023 occupancy - 45%	19.15	Average 2023 occupancy - 50%	19.30	Average 2023 occupancy - 60%	20.15	Average 2023 occupancy - 92%						
17.45	Ballroom and Latin Dance												
18.45	Average 2023 occupancy - 83%												
18.15	Indoor Cycle												
18.45	Average 2023 occupancy - 60%												
19.00	HIIT Mania												
19.30	Average 2023 occupancy - 60%												

Classes are catered for all ability levels. Should you have any questions or injuries we need to be aware of please speak to a class instructor prior to starting the class

Class guide (See full class description on the Mywellness app)

	High Energy		Holistic		Posture and Strength
	Dance		Strength & Condition		Water based

Top 5 most popular classes of 2023 in order of occupancy

1. Legs, Bums and Tums - 85.80%
2. Aqua - 84.88%
3. Ballroom/Latin Dance - 83.72%
4. Barre Fitness - 78.03%
5. Relax and Stretch - 71.73%

*Children swimming ratio's

Please see below our adult: child swim ratios
 1 adult to 2 children under 3 years of age
 1 adult to 3 children over 3 years of age
 Members can bring a maximum of 3 children

All members must book children's swim sessions through the Mywellness app as spaces are limited.

Booking etiquette and guidelines

Book as early as possible through the Mywellness app.
 Please cancel your space through the Mywellness app should you be unable to attend to enable the opportunity for other members to book.
 Should you not cancel your space through the Mywellness app this could affect your ability to book future classes.
 The Mywellness app will also be operating a waiting list so you will be notified through the app should a space become available. Please ensure you turn on notifications from the 'MyWellness' app
 Please follow any health and safety instructions given by The Leisure Club Team before and during the class.
 For a full list of helpful tips visit whittlebury.com/timetable

Appropriate gym clothing and footwear must be worn when participating in classes