

CLASS TIMETABLE

The Leisure Club Class Timetable - from week commencing 4th September 2023
 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 Average 2023 occupancy - 40%	8.15 Indoor Cycle Average 2023 occupancy - 35%	9.30 Bodytone Average 2023 occupancy - 60%	7.30 Morning Bootcamp Average 2023 occupancy - 40%	8.15 Indoor Cycle Average 2023 occupancy - 40%	8.00 Children's swim*	9.30 Indoor Cycle Average 2023 occupancy - 85%
8.00 Morning Yoga Flow Average 2023 occupancy - 40%	8.45 Aqua Aerobics Average 2023 occupancy - 92%	10.15 Aqua Aerobics Average 2023 occupancy - 92%	8.15 Yoga Average 2023 occupancy - 70%	8.45 Fitness Pilates Average 2023 occupancy - 75%	9.00 Indoor Cycle Average 2023 occupancy - 88%	10.00 Legs, Bums & Tums Average 2023 occupancy - 60%
8.55 Bodytone Average 2023 occupancy - 70%	9.30 Barre Fitness Average 2023 occupancy - 90%	10.00 Bodytone (M.R.C.T) Average 2023 occupancy - 30%	9.15 Bodytone Average 2023 occupancy - 50%	9.30 Aqua Aerobics Average 2023 occupancy - 92%	9.30 Bodytone Average 2023 occupancy - 95%	10.30 Stability & Stretch Average 2023 occupancy - 40%
10.00 Aqua Aerobics Average 2023 occupancy - 92%	11.30 Fitness Pilates Average 2023 occupancy - 75%	11.15 Core Conditioning Average 2023 occupancy - 30%	10.15 Aqua Aerobics Average 2023 occupancy - 92%	10.30 Fitness Pilates Average 2023 occupancy - 50%	10.00 Stability & Stretch Average 2023 occupancy - 30%	11.15 Children's swim*
10.45 Bodytone Average 2023 occupancy - 40%	12.00 Fitness Pilates Average 2023 occupancy - 45%	12.00 Pilates Average 2023 occupancy - 50%	10.45 Barre Fitness Average 2023 occupancy - 90%	10.45 Relax & Stretch Average 2023 occupancy - 75%	11.00 Children's swim*	11.50 Children's swim* Average 2023 occupancy - 35%
11.30 Fitness Pilates Average 2023 occupancy - 75%	14.00 Yoga Average 2023 occupancy - 60%	12.30 Indoor Cycle Average 2023 occupancy - 55%	11.30 Fitness Pilates Average 2023 occupancy - 85%	13.00 HIT Mania Average 2023 occupancy - 40%	11.15 Children's swim*	12.00 Children's swim*
14.00 Fitness Pilates Average 2023 occupancy - 45%	15.00 Bodytone Average 2023 occupancy - 50%	13.30 Zumba Fitness Average 2023 occupancy - 60%	12.45 Abs, Back & Core Average 2023 occupancy - 50%	13.45 Children's swim*	12.00 Children's swim*	12.30 Children's swim*
17.45 Ballroom and Latin Dance New for September 2023	18.30 Bodytone Average 2023 occupancy - 60%	18.15 Yoga Average 2023 occupancy - 60%	16.45 Barre Fitness Average 2023 occupancy - 90%	18.00 Children's swim*	13.00 Children's swim*	13.00 Children's swim*
18.15 Indoor Cycle Average 2023 occupancy - 60%	18.45 HIT Mania Average 2023 occupancy - 60%	18.30 Yoga Average 2023 occupancy - 60%	17.30 Fitness Pilates Average 2023 occupancy - 85%	18.00 Children's swim*	13.45 Children's swim*	13.45 Children's swim*
18.45 HIT Mania Average 2023 occupancy - 60%	19.00 HIT Mania Average 2023 occupancy - 60%	19.30 Yoga Average 2023 occupancy - 60%	18.00 Abs, Back & Core Average 2023 occupancy - 50%	18.30 Children's swim*	14.00 Children's swim*	14.00 Children's swim*
19.30 HIT Mania Average 2023 occupancy - 60%			19.30 Abs, Back & Core Average 2023 occupancy - 50%			

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

CLASS BOOKING RULES

Members can book their classes through the MyWellness app and can book 10 days in advance. Full details of the fitness classes available can be found on the app
 Places are limited within our more popular classes, so please check availability in advance
 Please ensure you cancel through the MyWellness app. Failure to cancel classes may result in restrictions for future bookings

LEISURE CLUB ETIQUETTE

We want all members to enjoy themselves at The Leisure Club and make the most of their time with us as it is intended to be. To allow members to make the most of The Leisure club, we kindly request you respect other users and follow the below guidelines:

- Please wipe down all gym equipment after use, using the sprays provided
- Hand sanitizer is available and located in the gym, by the entrance and gym office
- Please do not use chalk when using the free weights in the gym and place back on the weight racks after use
- Appropriate sports/gym wear to be worn at all times and please refrain from wearing outdoor shoes in The Leisure Club areas, including the gym and studios
- Please be considerate with time spent on popular cardio equipment during busy periods in the gym and in the Jacuzzi, Sauna & Steam room
- Please remember that all our instructors are always on hand for advice and support – just ask for assistance if required
- When attending one of our many classes, please ensure you arrive ready to start your class on time