






The Leisure Club Class Timetable - from October 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 Average 2024 occupancy - 57%	8.15 Indoor Cycle Average 2024 occupancy - 74%	9.30 Bodytone Average 2024 occupancy - 72%	7.30 Morning Bootcamp Average 2024 occupancy - 57%	8.15 Indoor Cycle Average 2024 occupancy - 74%	8.00 Children's swim* Average 2024 occupancy - 53%	9.30 Indoor Cycle Average 2024 occupancy - 74%
8.10 Morning Yoga Flow Average 2024 occupancy - 80%	8.45 Morning Yoga Flow Average 2024 occupancy - 80%	10.15 Aqua Aerobics Average 2024 occupancy - 88%	8.15 Yoga Average 2024 occupancy - 54%	8.45 Fitness Pilates Average 2024 occupancy - 70%	9.00 Indoor Cycle Average 2024 occupancy - 74%	10.00 Legs, Bums & Tums Average 2024 occupancy - 95%
9.30 Bodytone Average 2024 occupancy - 72%	9.15 Aqua Aerobics Average 2024 occupancy - 88%	10.00 Pilates Average 2024 occupancy - 70%	9.15 Yoga Average 2024 occupancy - 72%	9.30 Aqua Aerobics Average 2024 occupancy - 88%	9.30 Indoor Cycle Average 2024 occupancy - 74%	10.30 Stability & Stretch Average 2024 occupancy - 30%
10.15 Aqua Aerobics Average 2024 occupancy - 88%	10.15 Barre Fitness Average 2024 occupancy - 86%	10.45 Zumba Fitness Average 2024 occupancy - 50%	10.15 Bodytone Average 2024 occupancy - 88%	10.30 Fitness Pilates Average 2024 occupancy - 70%	10.00 Bodytone Average 2024 occupancy - 72%	11.15 Stability & Stretch Average 2024 occupancy - 30%
10.45 Bodytone Average 2024 occupancy - 72%	11.30 Fitness Pilates Average 2024 occupancy - 70%	13.30 Indoor Cycle Average 2024 occupancy - 74%	11.30 Aqua Aerobics Average 2024 occupancy - 86%	10.45 Relax & Stretch Average 2024 occupancy - 80%	10.45 Stability & Stretch Average 2024 occupancy - 30%	15.00 Children's swim* Average 2024 occupancy - 53%
11.30 Fitness Pilates Average 2024 occupancy - 70%	12.00 Fitness Pilates Average 2024 occupancy - 70%	18.00 Yoga Average 2024 occupancy - 54%	12.00 Barre Fitness Average 2024 occupancy - 70%	11.00 HIIT Mania Average 2024 occupancy - 82%	11.15 HIIT Mania Average 2024 occupancy - 82%	16.00 Children's swim* Average 2024 occupancy - 53%
13.00 Fitness Pilates Average 2024 occupancy - 70%	14.00 Yoga Average 2024 occupancy - 54%	18.30 Bodytone Average 2024 occupancy - 72%	13.00 Abs, Back & Core Average 2024 occupancy - 51%	13.00 Relax & Stretch Average 2024 occupancy - 80%	13.45 HIIT Mania Average 2024 occupancy - 82%	17.00 Children's swim* Average 2024 occupancy - 53%
14.00 Fitness Pilates Average 2024 occupancy - 70%	15.00 Bodytone Average 2024 occupancy - 72%	19.30 Aqua Aerobics Average 2024 occupancy - 88%	14.00 Aqua Aerobics Average 2024 occupancy - 88%	13.45 Relax & Stretch Average 2024 occupancy - 80%	18.00 HIIT Mania Average 2024 occupancy - 82%	
15.00 Ballroom and Latin Dance Average 2024 occupancy - 74%	17.00 Bodytone Average 2024 occupancy - 72%		15.00 Aqua Aerobics Average 2024 occupancy - 88%	18.00 HIIT Mania Average 2024 occupancy - 82%	18.30 HIIT Mania Average 2024 occupancy - 82%	
17.45 Ballroom and Latin Dance Average 2024 occupancy - 74%	18.30 Bodytone Average 2024 occupancy - 72%		17.30 Abs, Back & Core Average 2024 occupancy - 51%			
18.45 Indoor Cycle Average 2024 occupancy - 74%	19.15 Bodytone Average 2024 occupancy - 72%		19.30 Aqua Aerobics Average 2024 occupancy - 88%			
18.45 HIIT Mania Average 2024 occupancy - 82%			20.15 Aqua Aerobics Average 2024 occupancy - 88%			
19.30 HIIT Mania Average 2024 occupancy - 82%						

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 2024 in order of occupancy

1. Legs, Bums and Tums - 95% (1 class in total)
2. Aqua - 88% (6 classes in total)
3. Barre Fitness - 86% (2 classes in total)
4. HIIT Mania - 82% (2 classes in total)
5. Relax and Stretch - 80% (1 class in total)

*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