

The Leisure Club 2024 Christmas Class Timetable

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

Monday 23rd December	Christmas Eve	Christmas Day	Boxing Day	Friday 27th December	Saturday 28th December	Sunday 29th December
9.00 Morning Bootcamp Average 2024 occupancy - 57% 10.30 Aqua Aerobics Average 2024 occupancy - 88% 14.00 Bodytone Average 2024 occupancy - 72%	No classes	No classes	No classes	9.00 Indoor Cycle Average 2024 occupancy - 74% 10.30 Legs, Bums and Tums Average 2024 occupancy - 95% 14.00 Fitness Pilates Average 2024 occupancy - 70%	8.00 Children's swim* Average 2024 occupancy - 53% 9.30 Indoor Cycle Average 2024 occupancy - 74% 10.30 Bodytone Average 2024 occupancy - 72% 11.15 Stability & Stretch Average 2024 occupancy - 30% 15.00 Children's swim* Average 2024 occupancy - 53%	9.30 Indoor Cycle Average 2024 occupancy - 74% 10.30 Legs, Bums & Tums Average 2024 occupancy - 95% 15.00 Stability & Stretch Average 2024 occupancy - 30% 16.00 Children's swim* Average 2024 occupancy - 53%
Monday 30th December	New Year's Eve	New Year's Day	Thursday 2nd January	Friday 3rd January	Saturday 4th January	Sunday 5th January
10.45 Bodytone Average 2024 occupancy - 72% 11.30 Fitness Pilates Average 2024 occupancy - 70% 14.00 Stability & Stretch Average 2024 occupancy - 30%	9.30 Aqua Aerobics Average 2024 occupancy - 88% 10.45 Barre Fitness Average 2024 occupancy - 86% 12.00 Fitness Pilates Average 2024 occupancy - 70%	No classes	9.30 Morning Bootcamp Average 2024 occupancy - 57% 10.30 Bodytone Average 2024 occupancy - 72% 11.15 Stability & Stretch Average 2024 occupancy - 30% 15.00 Barre Fitness Average 2024 occupancy - 86% 16.45 Fitness Pilates Average 2024 occupancy - 70%	Normal classes - See current timetable	Normal classes - See current timetable	Normal classes - See current timetable

Classes cater 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. Classes are subject to change.

Class guide (See full class description on the Technogym 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 Technogym app as spaces are limited.

Booking etiquette and guidelines

Please do not arrive more than 15 minutes prior to a class starting.
 Book as early as possible through the Technogym app.
 Please cancel your space through the Technogym app should you be unable to attend to enable the opportunity for other members to book.
 Should you not cancel your space through the Technogym app this could affect your ability to book future classes.
 The Technogym 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 Technogym 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

