

## The Leisure Club Class Timetable - from January 2025

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

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
7.30	<b>Morning Bootcamp</b>	8.15	<b>Indoor Cycle</b>	9.30	<b>Bodytone</b>	7.30	<b>Morning Bootcamp</b>	8.15	<b>Indoor Cycle</b>	8.00	<b>Children's swim*</b>	8.00	<b>Children's swim*</b>
8.00	Average 2024 occupancy - 60%	8.45	Average 2024 occupancy - 73%	10.15	Average 2024 occupancy - 73%	8.15	Average 2024 occupancy - 60%	8.45	Average 2024 occupancy - 73%	9.30	Average 2024 occupancy - 50%	9.30	Average 2024 occupancy - 50%
8.10	<b>Morning Yoga Flow</b>	9.15	<b>Morning Yoga Flow</b>	10.45	<b>Aqua Aerobics</b>	9.15	<b>Yoga</b>	9.30	<b>Fitness Pilates</b>	9.30	<b>Indoor Cycle</b>	9.30	<b>Indoor Cycle</b>
8.55	Average 2024 occupancy - 75%	10.00	Average 2024 occupancy - 75%	11.30	Average 2024 occupancy - 87%	10.15	Average 2024 occupancy - 53%	10.30	Average 2024 occupancy - 71%	10.00	Average 2024 occupancy - 73%	10.00	Average 2024 occupancy - 73%
9.30	<b>Bodytone</b>	9.30	<b>Aqua Aerobics</b>	12.30	<b>Pilates</b>	10.45	<b>Bodytone</b>	10.00	<b>Aqua Aerobics</b>	10.30	<b>Bodytone</b>	10.30	<b>Legs, Bums &amp; Tums</b>
10.15	Average 2024 occupancy - 73%	10.15	Average 2024 occupancy - 87%	13.30	Average 2024 occupancy - 71%	11.30	Average 2024 occupancy - 73%	10.45	Average 2024 occupancy - 87%	11.15	Average 2024 occupancy - 73%	11.15	Average 2024 occupancy - 90%
10.00	<b>Aqua Aerobics</b>	10.45	<b>Barre Fitness</b>	17.30	<b>Zumba Fitness</b>	12.00	<b>Aqua Aerobics</b>	11.00	<b>Fitness Pilates</b>	15.00	<b>Stability &amp; Stretch</b>	15.00	<b>Stability &amp; Stretch</b>
10.45	Average 2024 occupancy - 87%	11.30	Average 2024 occupancy - 82%	18.15	Average 2024 occupancy - 50%	12.45	Average 2024 occupancy - 87%	12.00	Average 2024 occupancy - 71%	15.45	Average 2024 occupancy - 30%	15.45	Average 2024 occupancy - 30%
10.45	<b>Bodytone</b>	12.00	<b>Fitness Pilates</b>	18.00	<b>Indoor Cycle</b>	16.45	<b>Barre Fitness</b>	13.00	<b>Relax &amp; Stretch</b>				
11.30	Average 2024 occupancy - 72%	13.00	Average 2024 occupancy - 71%	18.30	Average 2024 occupancy - 73%	17.30	Average 2024 occupancy - 82%	13.45	Average 2024 occupancy - 80%				
12.00	<b>Fitness Pilates</b>	14.00	<b>Fitness Pilates</b>	18.30	<b>Yoga</b>	18.00	<b>Fitness Pilates</b>	18.00	<b>HIIT Mania</b>				
13.00	Average 2024 occupancy - 71%	15.00	Average 2024 occupancy - 71%	19.30	Average 2024 occupancy - 53%	19.00	Average 2024 occupancy - 71%	18.30	Average 2024 occupancy - 78%				
14.00	<b>Fitness Pilates</b>	17.00	<b>Yoga</b>			19.30	<b>Abs, Back &amp; Core</b>						
15.00	Average 2024 occupancy - 71%	18.00	Average 2024 occupancy - 53%			20.00	Average 2024 occupancy - 47%						
17.10	<b>Ballroom and Latin Dance</b>	18.30	<b>Bodytone</b>			19.30	<b>Aqua Aerobics</b>						
17.55	New in 2025 (Beginner & Improver)	19.15	Average 2024 occupancy - 73%			20.15	Average 2024 occupancy - 87%						
18.00	<b>Ballroom and Latin Dance</b>												
18.45	New in 2025 (Intermediate & advanced)												
18.15	<b>Indoor Cycle</b>												
18.45	Average 2024 occupancy - 73%												
19.00	<b>HIIT Mania</b>												
19.30	Average 2024 occupancy - 78%												

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







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.

### Top 5 most popular classes of 2024 in order of occupancy\*

1. Legs, Bums and Tums - 90% (1 class in total)
2. Aqua - 87% (6 classes in total)
3. Barre Fitness - 82% (2 classes in total)
4. Relax and Stretch - 80% (1 class in total)
4. HIIT Mania - 78% (2 classes in total)

\*All stats are correct based on occupancy in 2024

### Class guide (See full class description on the Technogym app)

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

### \*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

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.