



The Leisure Club Class Timetable - from October 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	Morning Bootcamp	8.00	Morning Yoga Flow	9.30	Bodytone	7.30	Morning Bootcamp	8.15	Indoor Cycle	8.00	Children's swim*	8.00	Children's swim*
8.00	Average 2024 occupancy - 60%	8.45	Average 2024 occupancy - 75%	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%
9.30	Bodytone	8.15	Indoor Cycle	10.45	Aqua Aerobics	9.15	Yoga	9.30	Fitness Pilates	9.30	Indoor Cycle	9.30	Indoor Cycle
10.15	Average 2024 occupancy - 73%	8.45	Average 2024 occupancy - 73%	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%
10.00	Aqua Aerobics	9.30	Aqua Aerobics	12.30	Pilates	10.45	Bodytone	10.00	Aqua Aerobics	10.30	Bodytone	10.30	Legs, Bums & Tums
10.45	Average 2024 occupancy - 87%	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%
10.45	Bodytone	10.45	Barre Fitness	17.30	Zumba Fitness	12.00	Aqua Aerobics	11.00	Fitness Pilates	15.00	Stability & Stretch	15.00	Stability & Stretch
11.30	Average 2024 occupancy - 72%	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%
12.00	Fitness Pilates	12.00	Fitness Pilates	18.30	Indoor Cycle	16.45	Barre Fitness	13.00	Relax & Stretch				
13.00	Average 2024 occupancy - 71%	13.00	Average 2024 occupancy - 71%	19.00	Average 2024 occupancy - 73%	17.30	Average 2024 occupancy - 82%	13.45	Average 2024 occupancy - 80%				
14.00	Fitness Pilates	14.00	Fitness Pilates			18.00	Fitness Pilates	18.30	HIIT Mania				
15.00	Average 2024 occupancy - 71%	15.00	Average 2024 occupancy - 71%			19.00	Average 2024 occupancy - 71%	19.00	Average 2024 occupancy - 78%				
18.00	Ballroom and Latin Dance	17.00	Yoga			19.30	Abs, Back & Core						
18.45	Average 2024 occupancy - 50%	18.00	Average 2024 occupancy - 53%			20.00	Average 2024 occupancy - 47%						
18.15	Indoor Cycle	18.30	Bodytone			19.30	Aqua Aerobics						
18.45	Average 2024 occupancy - 73%	19.15	Average 2024 occupancy - 73%			20.15	Average 2024 occupancy - 87%						
19.00	Pilates - New from 23rd June 2025												
20.00													
19.00	HIIT Mania												
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.

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.

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

