

The Leisure Club 2025 Christmas Class Timetable

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

<u>Monday 22nd December</u>		<u>Tuesday 23rd December</u>		<u>Christmas Eve</u>	<u>Christmas Day</u>	<u>Boxing Day</u>	<u>Saturday 27th December</u>		<u>Sunday 28th December</u>		
10.45	Bodytone	9.30	Aqua Aerobics	No classes	No classes	No classes	8.00	Children's swim*	8.00	Children's swim*	
11.30	Average 2025 occupancy - 67%	10.15	Average 2025 occupancy - 84%				9.00	Average 2025 occupancy - 42%	9.00	Average 2025 occupancy - 42%	
12.00	Fitness Pilates	10.45	Barre Fitness				9.30	Indoor Cycle	9.30	Indoor Cycle	
13.00	Average 2025 occupancy - 72%	11.30	Average 2025 occupancy - 78%				10.00	Average 2025 occupancy - 70%	10.00	Average 2025 occupancy - 70%	
18.30	HIIT Mania	12.00	Fitness Pilates				10.30	Bodytone	10.30	Bodytone	
19.00	Average 2025 occupancy - 57%	13.00	Average 2025 occupancy - 72%				11.15	Average 2025 occupancy - 67%	11.15	Average 2025 occupancy - 67%	
								15.00	Stability & Stretch	15.00	Stability & Stretch
								15.45	Average 2025 occupancy - 40%	15.45	Average 2025 occupancy - 40%
<u>Monday 29th December</u>		<u>Tuesday 30th December</u>		<u>New Year's Eve</u>	<u>New Year's Day</u>	<u>Friday 2nd January</u>	<u>Saturday 3rd January</u>		<u>Sunday 4th January</u>		
10.45	Bodytone	9.30	Aqua Aerobics	No classes	No classes	Normal classes - See current timetable	Normal classes - See current timetable		Normal classes - See current timetable		
11.30	Average 2025 occupancy - 67%	10.15	Average 2025 occupancy - 84%								
12.00	Fitness Pilates	10.45	Barre Fitness								
13.00	Average 2025 occupancy - 72%	11.30	Average 2025 occupancy - 78%								
18.30	HIIT Mania	12.00	Fitness Pilates								
19.00	Average 2025 occupancy - 57%	13.00	Average 2025 occupancy - 72%								

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. 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

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

Top 5 most popular classes of 2025 in order of occupancy

1. Aqua - 84% (6 classes in total)
2. Legs, Bums and Tums - 81% (1 class in total)
3. Barre Fitness - 78% (2 classes in total)
4. Pilates - 72% (9 classes in total)
5. Spin - 70% (5 classes in total)



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

