



## The Leisure Club Class Timetable - from January 2026

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 2025 occupancy - 44%	8.45	Average 2025 occupancy - 39%	10.15	Average 2025 occupancy - 67%	8.15	Average 2025 occupancy - 44%	8.45	Average 2025 occupancy - 70%	9.30	Average 2025 occupancy - 42%	9.30	Average 2025 occupancy - 42%												
9.30	Bodytone	9.15	Bodytone	10.45	Aqua Aerobics	9.15	Yoga	9.30	Fitness Pilates	9.30	Indoor Cycle	9.30	Indoor Cycle												
10.15	Average 2025 occupancy - 67%	10.00	Average 2025 occupancy - 67%	11.30	Average 2025 occupancy - 84%	10.15	Average 2025 occupancy - 59%	10.30	Average 2025 occupancy - 73%	10.00	Average 2025 occupancy - 70%	10.00	Average 2025 occupancy - 70%												
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 2025 occupancy - 84%	10.15	Average 2025 occupancy - 84%	13.30	Average 2025 occupancy - 73%	11.30	Average 2025 occupancy - 67%	10.45	Average 2025 occupancy - 84%	11.15	Average 2025 occupancy - 67%	11.15	Average 2025 occupancy - 81%												
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 2025 occupancy - 67%	11.30	Average 2025 occupancy - 78%	18.15	Average 2025 occupancy - 59%	12.45	Average 2025 occupancy - 84%	12.00	Average 2025 occupancy - 73%	15.45	Average 2025 occupancy - 50%	15.45	Average 2025 occupancy - 50%												
12.00	Fitness Pilates	12.00	Fitness Pilates	18.30	Indoor Cycle	16.45	Barre Fitness	13.00	Relax & Stretch	<div>Top 5 most popular classes in 2025 in order of occupancy*</div> <div>1. Aqua - 84% (6 classes in total)</div> <div>2. Legs, Bums and Tums - 81% (1 class in total)</div> <div>3. Barre Fitness - 78% (2 classes in total)</div> <div>4. Pilates - 73% (9 classes in total)</div> <div>4. Indoor Cycle - 70% (6 classes in total)</div>															
13.00	Average 2025 occupancy - 73%	13.00	Average 2025 occupancy - 73%	19.00	Average 2025 occupancy - 70%	17.30	Average 2025 occupancy - 78%	13.45	Average 2025 occupancy - 70%																
14.00	Fitness Pilates	14.00	Fitness Pilates	<div>Important information</div> <div>- Appropriate gym clothing and footwear must be worn when participating in classes.</div> <div>- Classes cater for all ability levels.</div> <div>- Should you have any questions or injuries we need to be aware of please speak to a class instructor prior to starting the class.</div> <div>- Classes are subject to change.</div>		18.00	Fitness Pilates	18.30	HIIT Mania																
15.00	Average 2025 occupancy - 73%	15.00	Average 2025 occupancy - 73%			19.00	Average 2025 occupancy - 73%	19.00	Average 2025 occupancy - 57%																
17.45	Ballroom and Latin Dance	17.00	Yoga			19.30	New - Express Pilates																		
18.45	Average 2025 occupancy - 59%	18.00	Average 2025 occupancy - 59%			20.00	***From 22nd January***																		
18.15	Indoor Cycle	18.30	Bodytone			19.30	Aqua Aerobics																		
18.45	Average 2025 occupancy - 70%	19.15	Average 2025 occupancy - 67%			20.15	Average 2025 occupancy - 84%																		
19.00	Pilates																								
20.00	Average 2025 occupancy - 73%																								
19.00	HIIT Mania																								
19.30	Average 2025 occupancy - 57%																								

All stats are correct as of November 2025

### 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.

#### Booking queries

For questions regarding classes including booking please call The Leisure Club reception team on 01327 850450  
Email - membership@whittlebury.com