

Monday

9.30 - 10.15 - Pure Cardio - PL
10.20 - 11.05 - Pure Tone - PL
2.00 - 3.00 - Hatha Yoga - RL
18.00 - 18.45 - Circuits - PL
19.00 - 19.45 - Pure Spin - PL

Tuesday

9.30 - 10.15 - Aquafit - RL
9.30 - 10.15 - Pure Spin - PL
10.30 - 11.30 - Yoga Tone - RL
18.00 - 18.45 - Pure Tone - PL
19.00 - 19.45 - Pure Spin - PL

Wednesday

7.00 - 7.30 - Pure Spin - PL
9.30 - 10.15 - Pure Cardio - PL
10.20 - 11.05 - Pure Tone - RL
18.00 - 18.30 - Pure Cardio - PL
18.30 - 19.15 - BoxFit - ES
19.15 - 19.45 - Core Conditioning - ES
19.45 - 20.15 - Cardio - ES
20.30 - 21.15 - Pure Spin PL

Thursday

9.30 - 10.15 - Aquafit - RL
9.30 - 10.15 - Pure Spin - PL
10.30 - 11.30 - Hatha Yoga - RL
13.00 - 13.30 - Spin Induction - PL
18.00 - 18.45 - Spin Circuits - PL
19.00 - 19.30 - Pure Abs - PL
19.45 - 20.30 - Pure Spin - PL

Friday

7.00 - 7.30 - Pure Spin - PL
9.30 - 10.15 - Pure Tone - PL
10.20 - 11.05 - Gentle Tone - RL
18.00 - 18.45 - Circuits - PL
19.00 - 19.45 - Themed Spin - PL

Saturday & Sunday

9.30 - 10.15 - Pure Spin - PL
10.30 - 11.15 - Circuits - PL
14.00 - 14.30 - Spin Induction - PL

**Please Turn Over for
more class information**

Pure Leisure Health & Fitness - Fitness Class Information

- All Classes are included with your membership.
- Download the ClubLink App for the best and easiest way to book your favourite fitness classes.
- All classes must have a minimum of 2 people for the class to run.
- Studio Classes have a maximum capacity of 10.
- Aquafit Class in the swimming pool has a maximum capacity of 25.
- Classes can be booked 1 week in advance with the following week's classes coming available at 6.30am.
- Classes can be booked via member App ClubLink, by phoning the club or at reception.
- If a class is full there is a waiting list you can be added to and if a space comes available you will automatically be added to the class. An email and app notification will be sent to you to let you know you are now in the class.
- Class notifications are sent out via email and on the App confirming your place in the class. A reminder will also be sent out 2 hours before the class start time to remind you about your class booking. If a class has been cancelled an email and App message will be sent out and then the class will be taken from the timetable.
- Classes can't be cancelled within 3 hours of the class start time. If you have not taken your name off the class then you will go down as a no show and will receive a strike. This gives the members on the reserve list enough time to let us know if they can now make the class or not.
- If you are on the reserve list and a place comes available but you can't make it please remove yourself from the class using the app or ring the club.
- If you fail to turn up to a class you are booked into we have a 4 strike rule, 4 strikes then you will be banned for 1 week from booking classes.
- Booking guests onto class can only be done by phoning the club or at reception.
- Pure Spin, please book onto the Spin Induction first if you are new to the class.
- Please see an instructor for class descriptions.

Instructors

PL = Pure Leisure Staff

RL = Ruth Freelance Instructor ES = Emma Freelance Instructor