

# Class Timetable

Pure Leisure Health & Fitness,  
01524 727845



	Morning		Afternoon		Evening
<b>Monday</b>	7:00 - 7:30 Pure Spin PL	9:30 - 10:15 Pure Cardio PL	10:20 - 11:05 Pure Tone PL	14:00 - 15:00 Yoga RL	18:00 - 18:45 Circuits PL
<b>Tuesday</b>	9:30 - 10:15 Pure Spin PL	9:30 - 10:15 Aquafit RL	10:30 - 11:30 Yoga RL	13:00 - 13:30 Spin Induction PL	18:00 - 18:45 Box Circuit PL
<b>Wednesday</b>	7:00 - 7:30 Pure Spin PL	9:30 - 10:15 Spin Circuits PL	10:20 - 11:05 Pure Tone PL		18:00 - 18:45 Pure Box PL
<b>Thursday</b>	9:30 - 10:15 Pure Spin PL	9:30 - 10:15 Aquafit RL	10:30 - 11:30 Yoga RL	13:00 - 13:30 Spin Induction PL	18:00 - 18:45 Spin Circuits PL
<b>Friday</b>	7:00 - 7:30 Pure Spin PL	9:30 - 10:15 Pure Tone RL	10:20 - 11:05 Gentle Tone PL		19:00 - 19:45 Dance Fit RL
<b>Saturday</b>	9:30 - 10:15 Pure Spin PL	10:30 - 11:15 Cardio & Tone PL		14:00 - 14:30 Beginners Spin PL	19:00 - 19:45 Pure Spin PL
<b>Sunday</b>	9:30 - 10:15 Pure Spin PL	10:30 - 11:15 Cardio & Tone PL		14:00 - 14:30 Beginners Spin PL	

## Instructors

PL = Pure Leisure Staff

RL = Ruth Freelance Instructor

Strength & Tone	Mind & Body	Strength & Calorie Burning	Dance
Pool-based	Group Cycle	Beginners	

\* The Swimming Pool will be closed for swimming when Aquafit is on. Tuesday & Thursday 9:30am till 10:15am \*

## Fitness Class Rules

To ensure everyone enjoys a safe and positive workout experience, please follow these rules during all fitness classes:

### Arrive on Time

- Please arrive at least 5 minutes before the class starts.
- Late arrivals may not be permitted once the warm-up has finished.

### Booking & Attendance

- All classes must be pre-booked at reception or via the ClubLink app.
- If you can't attend, please cancel your space as soon as possible so others can join.

### Health & Safety

- Inform the instructor of any medical conditions or injuries before the class begins.
- Stop immediately if you feel unwell or dizzy.
- Follow all instructor directions carefully to prevent injury.

### Clothing & Footwear

- Appropriate workout clothing and clean.
- No outdoor shoes are permitted in studio areas.

### Equipment Use

- Use all equipment as instructed by your instructor.
- Please wipe down and return all equipment to its place after use.

### Respect & Conduct

- Be courteous to instructors and other participants at all times.
- Mobile phones should be switched off or on silent during the class.

### Age Restrictions

- Classes are for ages 16+ unless otherwise stated.

### Personal Belongings

- Pure Leisure Health & Fitness is not responsible for loss or damage to personal items.
- Lockers are available for use during class times.

## Fitness Class Cancellation & Strike Policy

To ensure fair access to classes for all members, the following cancellation and attendance policy applies:

### Cancellations

- must be made at least 3 hours before the scheduled class start time.
- If a class is cancelled within 3 hours of the start time, a strike will be issued.
- No-shows (failing to attend a booked class without cancellation) will also result in a strike.

### Club Closure Exception

- If the club is closed, cancellations may still be made via the ClubLink app message or via WhatsApp – 07441 423913, but they must still be received at least 3 hours before the class to avoid a strike.

### Strike Consequences

- Members who accumulate 4 strikes will receive a 1-week booking suspension, during which time they will not be able to reserve classes.

We ask all members to cancel responsibly and with as much notice as possible, allowing others the opportunity to attend.

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