

Class Timetable

Pure Leisure Health & Fitness - 01524 727845

BOOK YOUR CLASSES
via ClubLink Member App

YOUR WEEKLY FITNESS CLASS SCHEDULE - 36 Classes Per Week

READY TO TRAIN?

Choose your class and book your space via the ClubLink Member App.



MONDAY

6 Classes

7:00 - 7:30	9:30 - 10:15	10:20 - 11:05	14:00 - 14:45	18:00 - 18:45	19:00 - 19:45
Pure Spin	Pure Cardio	Pure Tone	Pure Spin	Circuits	Pure Spin

TUESDAY

6 Classes

9:30 - 10:15	9:30 - 10:15	10:30 - 11:15	14:00 - 14:30	18:00 - 18:45	19:00 - 19:45
Pure Spin	Aquafit	Yoga Workout	Spin Induction	Pure Box Fit	Pure Spin

WEDNESDAY

6 Classes

7:00 - 7:30	9:30 - 10:15	10:20 - 11:05	14:00 - 14:45	18:00 - 18:45	19:00 - 19:45
Pure Spin	Spin Circuits	Pure Tone	Pure Spin	Pure Box	Pure Spin

THURSDAY

6 Classes

9:30 - 10:15	9:30 - 10:15	10:30 - 11:30	14:00 - 14:30	18:00 - 18:45	19:00 - 19:45
Pure Spin	Aquafit	Slow Yoga	Spin Induction	Pure Tone	Pure Spin

FRIDAY

6 Classes

7:00 - 7:30	9:30 - 10:15	10:20 - 11:05	14:00 - 14:45	18:00 - 18:45	19:00 - 19:45
Pure Spin	Pure Tone	Gentle Tone	Pure Spin	Circuits	Pure Spin

SATURDAY & SUNDAY

6 Weekend Classes

9:30 - 10:15	10:30 - 11:15	14:00 - 14:30
Pure Spin	Cardio & Tone	Beginners Spin

A minimum of 2 participants is required for all classes to run

BOOK YOUR CLASS

All classes must be pre-booked via the ClubLink Member App.

Please arrive at least 5 minutes before your class.

Can't attend? Please cancel as soon as possible.

See page 2 for full class rules and cancellation policy.

CLASS TYPES

Group Cycle



Pool Based



Strength & Tone



Beginners



Mind & Body



Strength & Calorie Burning



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Important Information, Class Rules & Cancellation Policy

IMPORTANT INFORMATION

Please note: Fitness classes are an additional benefit included within your membership and are provided subject to instructor availability and staffing levels. Classes may occasionally be cancelled or changed due to staff illness, holidays or other unforeseen circumstances. We will always aim to provide the advertised timetable wherever possible.

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 member 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 footwear must be worn.
- 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 member cancels 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 one-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.

NEED TO CANCEL?

Use **ClubLink Member App** or if its within 24 hours of the class start time ring the club
01524 727845

If the club is closed:
ClubLink message or WhatsApp
07441 423913

