



**Waterfront**  
leisure • health • relax • enjoy

# Weekday Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
AM				7:00 - 7:45 <b>Break the Cycle Spin</b> <i>with Cara Friday</i>	
	8:00 - 8:30 <b>HIIT (High Intensity Impact Training)</b> <i>with Gym PT</i>	8:00 - 8:30 <b>HIIT (High Intensity Impact Training)</b> <i>with Gym PT</i>	8:00 - 8:30 <b>HIIT (High Intensity Impact Training)</b> <i>with Gym PT</i>	8:00 - 8:30 <b>HIIT (High Intensity Impact Training)</b> <i>with Gym PT</i>	8:00 - 8:30 <b>HIIT (High Intensity Impact Training)</b> <i>with Gym PT</i>
	09:45 - 10:45 <b>Body Conditioning</b> <i>with Amy Salter</i>	10:00 - 10:45 <b>Spin</b> <i>with Cara Friday</i>	08:15 - 09:15 <b>Pilates</b> <i>with Sarah Meade</i>	9:00 - 9:30 <b>Legs, bums &amp; tums</b> <i>with Gym PT</i>	
	10:00 - 10:30 <b>Fit in 30 (mini circuit in the gym)</b> <i>with Gym PT</i>	10:00 - 10:30 <b>Fit in 30 (mini circuit in the gym)</b> <i>with Gym PT</i>	10:00 - 10:30 <b>Fit in 30 (mini circuit in the gym)</b> <i>with Gym PT</i>	10:00 - 10:30 <b>Fit in 30 (mini circuit in the gym)</b> <i>with Gym PT</i>	10:00 - 10:30 <b>Fit in 30 (mini circuit in the gym)</b> <i>with Gym PT</i>
	11:00 - 12:00 <b>Pilates</b> <i>with Pat Chandler</i>			10:30 - 11:15 <b>Aqua</b> <i>with Sarah Meade</i>	10:30 - 11:30 <b>Pilates</b> <i>with Pat Chandler</i>
PM	18:00 - 18:30 <b>Fit in 30 (mini circuit in the gym)</b> <i>with Gym PT</i>	18:00 - 18:30 <b>Fit in 30 (mini circuit in the gym)</b> <i>with Gym PT</i>	18:00 - 18:30 <b>Fit in 30 (mini circuit in the gym)</b> <i>with Gym PT</i>	18:00 - 18:30 <b>Fit in 30 (mini circuit in the gym)</b> <i>with Gym PT</i>	18:00 - 18:30 <b>Fit in 30 (mini circuit in the gym)</b> <i>with Gym PT</i>
	19:00 - 19:45 <b>Just Another Manic Spin Day</b> <i>with Nicola &amp; George</i>	18:00 - 19:00 <b>Afrobeats Dance Workout</b> <i>with Aduke</i>	18:30 - 19:30 <b>Fitball</b> <i>with Amy Salter</i>	18:30 - 19:30 <b>Fighting Fit</b> <i>with George Orford</i>	
				18:30 - 19:15 <b>Spin Dizzy</b> <i>with Nicola Orford</i>	
	19:00 - 19:30 <b>HIIT (High Intensity Impact Training)</b> <i>with Gym PT</i>	19:00 - 19:30 <b>HIIT (High Intensity Impact Training)</b> <i>with Gym PT</i>	19:00 - 19:30 <b>HIIT (High Intensity Impact Training)</b> <i>with Gym PT</i>	19:00 - 19:30 <b>HIIT (High Intensity Impact Training)</b> <i>with Gym PT</i>	19:00 - 19:30 <b>HIIT (High Intensity Impact Training)</b> <i>with Gym PT</i>
	19:00 - 19:45 <b>Aqua</b> <i>with Lisa Bishop</i>	19:00 - 19:45 <b>Old Skool Tuesday Spin</b> <i>with Nicola &amp; George</i>	19:30 - 20:30 <b>Pilates</b> <i>with Paul Cowie</i>	19:30 - 20:30 <b>Vinyasa Flow Yoga</b> <i>with Linda Haysman</i>	
	19:45 - 20:45 <b>Yoga</b> <i>with Catt Salter</i>	20:00 - 21:00 <b>Strength Training</b> <i>with Nicola &amp; George</i>	19:45 - 20:30 <b>Aqua Circuits</b> <i>with Amy Salter</i>		

# Weekend Class Timetable

## Saturday

09:00 - 9:30

### Weekend Circuits

with Gym PT

09:30 - 10:30

### Afrobeats

with Aduke

09:45 - 10:30

### Soulful Saturday Spin

with Catt Salter

10:45 - 11:45

### Junior Agility Circuit (age 5+)

with Catt Salter

11:00 - 11:45

### Aqua

with Kim Munday

## Sunday

09:00 - 9:30

### Weekend Circuits

with Gym PT

09:30 - 10:30

### Hatha Yoga

with Kim Munday

10:45 - 11:30

### Aqua

with Kim Munday

## How to book



- ◆ The easiest way to book classes, badminton and squash courts is via the ClubRight app
- ◆ Alternatively, you can book onto classes at the reception desk or over the phone
- ◆ For snooker and pool table reservations, please speak to a member of reception and we can book a slot for you

If you are unable to attend a class you have booked, please cancel it so someone else can take the space. You can cancel a class the same way you book them. Thank you.

Email: [enquiries@waterfrontleisure.co.uk](mailto:enquiries@waterfrontleisure.co.uk)

Telephone: 01634 280033

Bar & Restaurant: 01634 283001



### Leisure Centre Opening Times

Mon-Fri.....6:30-22:00

Sat-Sun.....7:00-20:00

Last entry is 1 hour before closing

### Restaurant & Bar Opening Times

Mon-Wed.....9:30-20.00

Thurs.....6.30-22.00

Fri-Sat.....9:30-22:00

Sun.....10:30-20.00

Last food orders at the restaurant is 2 hours before closing.