

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	8:00—8:30 Cardio HIIT <i>With Gym PT</i>	8:00—8:30 Cardio HIIT <i>With Gym PT</i>	8:00—8:30 Cardio HIIT <i>With Gym PT</i>	8:00—8:30 Cardio HIIT <i>With Gym PT</i>	8:00—8:30 Cardio HIIT <i>With Gym PT</i>
	09:45—10:45 Body Conditioning <i>With Amy Salter</i>	10:00—10:45 Dance Fit <i>With Cara Friday</i>		9:00—9:30 Legs, bums & tums <i>With Gym PT</i>	
	10:00—10:30 Fit in 30 (mini circuit) <i>With Gym PT</i>	10:00—10:30 Fit in 30 (mini circuit) <i>With Gym PT</i>	10:00—10:30 Fit in 30 (mini circuit) <i>With Gym PT</i>	10:00—10:30 Fit in 30 (mini circuit) <i>With Gym PT</i>	10:00—10:30 Fit in 30 (mini circuit) <i>With Gym PT</i>
	11:00—12:00 Pilates <i>With Pat Chandler</i>			10:15—11:00 Pilates <i>With Sarah Meade</i>	10:30—11:30 Pilates <i>With Pat Chandler</i>
				11:15—12:00 Aqua <i>With Sarah Meade</i>	
PM	18:00—18:30 Fit in 30 (mini circuit) <i>With Gym PT</i>	18:00—18:30 Fit in 30 (mini circuit) <i>With Gym PT</i>	18:00—18:30 Fit in 30 (mini circuit) <i>With Gym PT</i>	18:00—18:30 Fit in 30 (mini circuit) <i>With Gym PT</i>	18:00—18:30 Fit in 30 (mini circuit) <i>With Gym PT</i>
	19:00—19:45 Another Manic Spin Day <i>With Nicola & George</i>	19:00—19:45 Old Skool Tuesday Spin <i>With Nicola & George</i>	18:30—19:30 Fitball <i>With Amy Salter</i>	18:30—19:15 Spin Dizzy <i>With Nicola Orford</i>	18:00—18:45 Step Aerobics <i>With Amy Salter</i>
				18:30—19:30 Fighting Fit <i>With George Orford</i>	
	19:00—19:30 Core Power HIIT <i>With Gym PT</i>	19:00—19:30 Core Power HIIT <i>With Gym PT</i>	19:00—19:30 Core Power HIIT <i>With Gym PT</i>	19:00—19:30 Core Power HIIT <i>With Gym PT</i>	19:00—19:30 Core Power HIIT <i>With Gym PT</i>
	19:00—19:45 Aqua <i>With Lisa Bishop</i>	20:00—21:00 Strength training <i>With Nicola & George</i>	19:30—20:30 Pilates <i>With Paul Cowie</i>	19:30—20:30 Vinyasa Flow Yoga <i>With Linda Haysman</i>	
	19:45—20:45 Yoga <i>With Catt Salter</i>		19:45—20:30 Aqua Circuits <i>With Amy Salter</i>		

Weekend Class Timetable

Saturday

09:00 - 9:30

Weekend Circuits

with Gym PT

09:45 - 10:30

Soulful Saturday Spin

with Catt Salter

10:45 - 11:30

Ballet Fit

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

Telephone: 01634 280033

Bar & Restaurant: 01634 283001



Class Timetable

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.