

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	8:00—8:30 Train to Gain <i>With Gym PT</i>	8:00—8:30 Train to Gain <i>With Gym PT</i>	8:00—8:30 Train to Gain <i>With Gym PT</i>	8:00—8:30 Train to Gain <i>With Gym PT</i>	8:00—8:30 Train to Gain <i>With Gym PT</i>
	9:15—09:45 Legs, bums & tums <i>With Gym PT</i>	9:15—09:45 Legs, bums & tums <i>With Gym PT</i>	9:15—09:45 Legs, bums & tums <i>With Gym PT</i>	9:15—09:45 Legs, bums & tums <i>With Gym PT</i>	9:15—09:45 Legs, bums & tums <i>With Gym PT</i>
	09:45—10:45 Body Conditioning <i>With Amy Salter</i>	10:00—10:30 Fit in 30 circuit <i>With Gym PT</i>	10:00—10:30 Fit in 30 circuit <i>With Gym PT</i>	10:00—10:30 Fit in 30 circuit <i>With Gym PT</i>	10:00—10:30 Fit in 30 circuit <i>With Gym PT</i>
	10:00—10:30 Fit in 30 circuit <i>With Gym PT</i>	10:45—11:30 Dance Fit <i>With Cara Friday</i>		10:15—11:00 Pilates <i>With Sarah Meade</i>	10:30—11:30 Pilates <i>With Pat Chandler</i>
	11:00—12:00 Pilates <i>With Pat Chandler</i>			11:15—12:00 Aqua <i>With Sarah Meade</i>	
PM	18:00—18:30 Fit in 30 circuit <i>With Gym PT</i>	18:00—18:30 Fit in 30 circuit <i>With Gym PT</i>	18:00—18:30 Fit in 30 circuit <i>With Gym PT</i>	18:00—18:30 Fit in 30 circuit <i>With Gym PT</i>	18:00—18:30 Fit in 30 circuit <i>With Gym PT</i>
	18:00—18:45 Spin <i>Amy Salter</i>		18:30—19:30 Fitball <i>With Amy Salter</i>		18:00—18:45 Step Aerobics <i>With Amy Salter</i>
	19:00—19:40 Body Conditioning <i>Amy Salter</i>				
	19:00—19:30 Legs, bums & tums <i>With Gym PT</i>	19:00—19:30 Waterfront HIIT <i>With Gym PT</i>	19:00—19:30 Legs, bums & tums <i>With Gym PT</i>	19:00—19:30 Waterfront HIIT <i>With Gym PT</i>	19:00—19:30 Legs, bums & tums <i>With Gym PT</i>
	19:00—19:45 Aqua <i>With Lisa Bishop</i>		19:30—20:30 Pilates <i>With Paul Cowie</i>	19:30—20:30 Yoga <i>With Katie Dunne</i>	
	19:45—20:45 Yoga <i>With Catt Salter</i>		19:45—20:30 Aqua Circuits <i>With Amy Salter</i>		

Saturday	
09:45 - 10:30	Saturday Spin with Catt Salter
10:00—10:30	Waterfront Booty Camp with Gym PT
10:45 - 11:30	Ballet Fit with Catt Salter
11:00 - 11:45	Aqua with Kim Munday
16:00—17:00	Power Hour with Gym PT
Sunday	
10:00—10:45	Weekend Circuits with Gym PT
09:30 - 10:30	Hatha Yoga with Kim Munday
10:45 - 11:30	Aqua with Kim Munday
16:00—16:45	Waterfront Gains with Gym PT

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.