

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	7.30—8.00 Wake up workout <i>With Gym PT</i>	7.30—8.00 Train to Gain <i>With Gym PT</i>	7.30—8.00 Wake up workout <i>With Gym PT</i>	7.30—8.00 Train to Gain <i>With Gym PT</i>	7.30—8.00 Wake up workout <i>With Gym PT</i>
	9:15—09:45 Legs, bums & tums <i>With Gym PT</i>	9:15—09:45 Circuits <i>With Gym PT</i>	9:15—09:45 Legs, bums & tums <i>With Gym PT</i>	9:15—09:45 Circuits <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 Core Crunch <i>With Gym PT</i>	10:00—10:30 Fit in 30 circuit <i>With Gym PT—Studio</i>	10:00—10:30 Core Crunch <i>With Gym PT</i>	10:00—10:30 Circuits <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 Total Body workout <i>With Gym PT</i>	18:00—18:30 Fit in 30 circuit <i>With Gym PT</i>	18:00—18:45 Bootcamp circuits <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>		6—6:30 HIIT Step <i>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 HIIT <i>With Gym PT</i>	18:30—19:30 Fitball <i>With Amy Salter</i>		
	19:00—19:30 Legs, bums & tums <i>With Gym PT</i>	7:15—8:30 Spin <i>Amy Salter</i>	19:00—19:30 Legs, bums & tums <i>With Gym PT</i>	19:00—19:30 HIIT <i>With Gym PT</i>	19:00—19:30 Total Body workout <i>With Gym PT</i>
		20:00-20:45 Aqua <i>With Kim Munday</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 <i>Catt Salter</i>
10:00—10:30 Waterfront Booty Camp with <i>Gym PT</i>
10:45 - 11:30 Ballet Fit with <i>Catt Salter</i>
11:00 - 11:45 Aqua with <i>Kim Munday</i>
16:00—17:00 Power Hour with <i>Gym PT</i>

Sunday
08:30 - 09:15 Spin with Kim with <i>Kim Munday</i>
10:00—10:45 Weekend Circuits with <i>Gym PT</i>
09:30 - 10:30 Hatha Yoga with <i>Kim Munday</i>
10:45 - 11:30 Aqua with <i>Kim Munday</i>
16:00—16:45 Waterfront Gains with <i>Gym PT</i>



Waterfront

leisure • health • relax • enjoy

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.

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 or pool table booking, please speak to the reception team 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