

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	7.30—8.00 <b>Wake up workout</b> <i>With Gym PT</i>		7.30—8.00 <b>Wake up workout</b> <i>With Gym PT</i>		7.30—8.00 <b>Wake up workout</b> <i>With Gym PT</i>
	9:15—09:45 <b>Legs, bums &amp; tums</b> <i>With Gym PT</i>	9:15—09:45 <b>Circuits</b> <i>With Gym PT</i>	9:15—09:45 <b>Legs, bums &amp; tums</b> <i>With Gym PT</i>	9:15—09:45 <b>Circuits</b> <i>With Gym PT</i>	9:15—09:45 <b>Legs, bums &amp; tums</b> <i>With Gym PT</i>
	09:45—10:45 <b>Body Conditioning</b> <i>With Amy Salter</i>	10:00—10:30 <b>Core Crunch</b> <i>With Gym PT</i>	10:00—10:30 <b>Fit in 30 circuit</b> <i>With Gym PT—Studio</i>	10:00—10:30 <b>Core Crunch</b> <i>With Gym PT</i>	10:00—10:30 <b>Circuits</b> <i>With Gym PT</i>
	10:00—10:30 <b>Fit in 30 circuit</b> <i>With Gym PT</i>		10:45—11:30 <b>Dance Fit</b> <i>With Cara Friday</i>	10:15—11:00 <b>Pilates</b> <i>With Sarah Meade</i>	10:30—11:30 <b>Pilates</b> <i>With Pat Chandler</i>
	11:00-11:45 <b>Aqua Circuits</b> <i>With Amy Salter</i>			11:15—12:00 <b>Aqua</b> <i>With Sarah Meade</i>	
PM	11:00—12:00 <b>Pilates</b> <i>With Pat Chandler</i>	18:00—18:30 <b>Total Body Workout</b> <i>With Gym PT</i>	18:00—18:30 <b>Fit in 30 circuit</b> <i>With Gym PT</i>	18:00—18:45 <b>Bootcamp circuits</b> <i>With Gym PT</i>	18:00—18:30 <b>Fit in 30 circuit</b> <i>With Gym PT</i>
	18:00—18:30 <b>Fit in 30 circuit</b> <i>With Gym PT</i>		18:00—18:30 <b>HIIT Step</b> <i>Amy Salter</i>		18:00—18:45 <b>Step Aerobics</b> <i>With Amy Salter</i>
	18:00—18:45 <b>Spin</b> <i>Amy Salter</i>		18:30—19:30 <b>Fitball</b> <i>With Amy Salter</i>		
	19:00—19:30 <b>Legs, bums &amp; tums</b> <i>With Gym PT</i>	19:00—19:30 <b>HIIT</b> <i>With Gym PT</i>	19:00—19:30 <b>Legs, bums &amp; tums</b> <i>With Gym PT</i>	19:00—19:30 <b>HIIT</b> <i>With Gym PT</i>	19:00—19:30 <b>Total Body Workout</b> <i>With Gym PT</i>
	19:00—19:40 <b>Body Conditioning</b> <i>Amy Salter</i>	19:15—20:00 <b>Spin</b> <i>Amy Salter</i>	19:30—20:30 <b>Pilates</b> <i>With Paul Cowie</i>	19:30—20:30 <b>Yoga</b> <i>With Katie Dunne</i>	
		20:00-20:45 <b>Aqua</b> <i>With Kim Munday</i>	19:45—20:30 <b>Aqua Circuits</b> <i>With Amy Salter</i>		

## October

# 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.

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

**Telephone:** 01634 280033

**Bar & Restaurant:** 01634 283001

### 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

08:30 - 09:15

#### **Spin with Kim**

*with Kim Munday*

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 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.