

## WATERFRONT LEISURE CLASS TIMETABLE APRIL 2025

### MONDAY

TIME	CLASS	INSTRUCTOR	INTENSITY	VENUE
07:00 - 07:45	CIRCUITS	GYM PT	♥♥♥	GYM
09:15 - 09:45	SPIN	GYM PT	♥♥	STUDIO 2
09:45 - 10:45	BODY CONDITIONING	AMY	♥♥♥	STUDIO 1
10:00 - 10:30	FIT IN 30 CIRCUIT	GYM PT	♥♥♥	GYM
11:00 - 11:45	AQUA CIRCUITS	AMY	♥♥	POOL
11:00 - 12:00	PILATES	PAT	♥	STUDIO
18:00 - 18:30	FIT IN 30 CIRCUIT	GYM PT	♥♥♥	GYM
18:00 - 18:45	SPIN	AMY	♥♥♥	STUDIO 2
19:00 - 19:30	LEGS, BUMS & TUMS	GYM PT	♥♥	GYM
19:00 - 19:40	BODY CONDITIONING	AMY	♥♥♥	STUDIO 1
19:45 - 20:45	YOGA	KATIE	♥	STUDIO 1

### TUESDAY

TIME	CLASS	INSTRUCTOR	INTENSITY	VENUE
09:15 - 09:45	CIRCUITS	GYM PT	♥♥♥	GYM
10:00 - 10:30	CORE CRUNCH	GYM PT	♥♥♥	GYM
18:00 - 18:45	TOTAL BODY WORKOUT	GYM PT	♥♥♥	GYM
19:00 - 19:45	BOX FIT	GYM PT	♥♥♥	STUDIO 1
19:15 - 20:00	SPIN	AMY	♥♥♥	STUDIO 2
20:00 - 20:45	AQUA	KIM	♥♥	POOL

### WEDNESDAY

TIME	CLASS	INSTRUCTOR	INTENSITY	VENUE
07:00 - 07:45	TOTAL BODY WORKOUT	GYM PT	♥♥♥	GYM
09:15 - 09:45	LEGS, BUMS & TUMS	GYM PT	♥♥	GYM
10:00 - 10:30	FIT IN 30 CIRCUIT	GYM PT	♥♥♥	GYM
10:45 - 11:30	DANCE FIT	CARA	♥♥	STUDIO 1
12:00 - 12:45	YOGA	SARAH	♥	STUDIO 1
18:00 - 18:30	FIT IN 30 CIRCUIT	GYM PT	♥♥♥	GYM
18:00 - 18:30	HIIT STEP	AMY	♥♥♥	BADMINTON
18:30 - 19:30	FITBALL	AMY	♥♥	STUDIO 1
19:00 - 19:30	LEGS, BUMS & TUMS	GYM PT	♥♥	GYM
19:30 - 20:30	PILATES	PAUL	♥	STUDIO 1
19:45 - 20:30	AQUA CIRCUITS	AMY	♥♥	POOL

### THURSDAY

TIME	CLASS	INSTRUCTOR	INTENSITY	VENUE
09:15 - 09:45	CIRCUITS	GYM PT	♥♥♥	GYM
10:00 - 10:45	BOX FIT	GYM PT	♥♥♥	STUDIO 2
10:15 - 11:00	PILATES	SARAH	♥	STUDIO 1
11:15 - 12:00	AQUA	SARAH	♥♥	POOL
18:00 - 18:45	BOX FIT	GYM PT	♥♥♥	STUDIO 1
19:15 - 19:45	HIIT	GYM PT	♥♥♥	GYM
19:30 - 20:30	YOGA	KATIE	♥	STUDIO 1

### FRIDAY

TIME	CLASS	INSTRUCTOR	INTENSITY	VENUE
07:00 - 07:45	BOXFIT	GYM PT	♥♥♥	STUDIO 1
09:15 - 09:45	LEGS, BUMS & TUMS	GYM PT	♥♥	GYM
10:00 - 10:30	CIRCUITS	GYM PT	♥♥♥	GYM
10:30 - 11:30	PILATES	PAT	♥	STUDIO 1
18:00 - 18:30	FIT IN 30 CIRCUIT	GYM PT	♥♥♥	GYM
18:00 - 18:45	STEP AEROBICS	AMY	♥♥	STUDIO 1
19:00 - 19:30	TOTAL BODY WORKOUT	GYM PT	♥♥♥	GYM

### SATURDAY

TIME	CLASS	INSTRUCTOR	INTENSITY	VENUE
09:00 - 09:45	RUNNING CLUB	GYM PT	♥♥♥	RECEPTION
09:45 - 10:30	SPIN	CATT	♥♥♥	STUDIO 2
10:00 - 10:45	BOXFIT	GYM PT	♥♥♥	BADMINTON
10:45 - 11:30	BALLET FIT	CATT	♥♥	STUDIO 1
11:00 - 11:45	AQUA	KIM	♥♥	POOL
11:00 - 11:30	CIRCUITS	GYM PT	♥♥♥	GYM
16:00 - 16:45	LEGS, BUMS & TUMS	GYM PT	♥♥	GYM

### SUNDAY

08:30 - 09:15	SPIN	KIM	♥♥♥	STUDIO 2
09:00 - 09:45	RUNNING CLUB	GYM PT	♥♥♥	RECEPTION
09:30 - 10:30	HATHA YOGA	KIM	♥	STUDIO 1
10:00 - 10:45	BOX FIT	GYM PT	♥♥♥	STUDIO 2
10:45 - 11:30	AQUA	KIM	♥♥	POOL
16:00 - 16:45	CIRCUITS	GYM PT	♥♥♥	GYM

### INFORMATION

#### CLASS INTENSITY RATING

- ♥ LOW INTENSITY WORKOUT
- ♥♥ MEDIUM INTENSITY WORKOUT
- ♥♥♥ HIGH INTENSITY WORKOUT

Email : [enquires@waterfontleisure.co.uk](mailto:enquires@waterfontleisure.co.uk)

Telephone: 01634 280033

Bar & Restaurant : 01634 283001

You can book classes on the ClubRight app or at reception. If you are unable to attend a class, please cancel your booking.

For snooker or pool table bookings, please speak to the reception team and we can book a slot for you.

#### INSTRUCTORS

GYM PTs - Ricardo, Tyrrell & Emily

Amy Salter  
Sarah Meade  
Katie Dunne  
Paul Cowie

Pat Chandler  
Catt Salter  
Kim Munday  
Cara Friday