

WATERFRONT LEISURE CLASS TIMETABLE SEPTEMBER 2025

MONDAY				
TIME	CLASS	INSTRUCTOR	INTENSITY	VENUE
09:15 - 09:45	SPIN	EMILY	♥♥	STUDIO 2
09:45 - 10:45	STEP & ABS	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 1
15:00 - 15:30	CORE CRUNCH	GYM PT	♥♥♥	STUDIO 1
18:00 - 18:30	FIT IN 30 CIRCUIT	GYM PT	♥♥♥	GYM
18:00 - 18:45	SPIN	AMY	♥♥♥	STUDIO 2
18:45 - 19:15	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
08:45 - 09:30	AQUA	AMY	♥♥	POOL
09:15 - 09:45	CIRCUITS	GYM PT	♥♥♥	GYM
10:00 - 10:30	CORE CRUNCH	GYM PT	♥♥♥	GYM
12:30 - 13:00	HIIT	GYM PT	♥♥♥	GYM
15:00 - 15:30	STRETCH	GYM PT	♥	STUDIO 1
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
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
11:45 - 12:45	YOGA	SARAH	♥	STUDIO 1
15:00 - 15:30	STRETCH	GYM PT	♥	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
18:45 - 19:15	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
12:30 - 13:00	CORE CRUNCH	GYM PT	♥♥♥	GYM
15:00 - 15:30	CIRCUITS	GYM PT	♥♥♥	STUDIO 1
18:00 - 18:45	BOX FIT	GYM PT	♥♥♥	STUDIO 1
18:00 - 18:45	AQUA	KIM	♥♥	POOL
19:00 - 19:30	HIIT	GYM PT	♥♥♥	GYM
19:30 - 20:30	YOGA	KATIE	♥	STUDIO 1

FRIDAY				
TIME	CLASS	INSTRUCTOR	INTENSITY	VENUE
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
12:30 - 13:00	HIIT	GYM PT	♥♥♥	STUDIO 1
15:00 - 15:30	STRETCH	GYM PT	♥♥♥	STUDIO 1
18:00 - 18:30	SPIN	EMILY	♥♥♥	STUDIO 2
18:00 - 18:30	FIT IN 30 CIRCUIT	GYM PT	♥♥♥	GYM
18:00 - 18:45	STEP AEROBICS	AMY	♥♥	STUDIO 1
18:45 - 19:30	TOTAL BODY WORKOUT	GYM PT	♥♥♥	GYM

SATURDAY				
TIME	CLASS	INSTRUCTOR	INTENSITY	VENUE
09:15 - 09:45	CORE CRUNCH	GYM PT	♥♥♥	GYM
09:45 - 10:30	SPIN	CATT	♥♥♥	STUDIO 2
10:00 - 10:45	BOXFIT	GYM PT	♥♥♥	STUDIO 1
10:45 - 11:30	BALLET FIT	CATT	♥♥	STUDIO 1
11:00 - 11:30	CIRCUITS	GYM PT	♥♥♥	GYM
11:00 - 11:45	AQUA	KIM	♥♥	POOL
14:00 - 14:30	STRETCH	GYM PT	♥	STUDIO 1

SUNDAY				
TIME	CLASS	INSTRUCTOR	INTENSITY	VENUE
08:45 - 09:30	PILATES	KIM	♥♥♥	STUDIO 2
09:30 - 10:30	HATHA YOGA	KIM	♥	STUDIO 1
10:45 - 11:30	AQUA	KIM	♥♥	POOL

INFORMATION

CLASS INTENSITY RATING

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

All bookings to be done on the Xplor app.

INSTRUCTORS

GYM PTs - Ricardo, Tyrrell & Emily

Amy Salter
 Sarah Meade
 Katie Dunne
 Paul Cowie

Pat Chandler
 Catt Salter
 Kim Munday
 Cara Friday

Email : enquires@waterfontleisure.co.uk

Telephone: 01634 280033

Bar & Restaurant : 01634 283001