

WATERFRONT LEISURE CLASS TIMETABLE JANUARY 2026

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
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
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
18:00 - 18:45	SPIN	AMY	♥ ♥ ♥	STUDIO 2
19:00 - 19:45	BOX FIT	GYM PT	♥ ♥ ♥	STUDIO 1
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
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
12:30 - 13:00	CORE CRUNH	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 - 18:45	STEP AEROBICS	AMY	♥ ♥	STUDIO 1
19:00 - 19:30	TOTAL BODY WORKOUT	GYM PT	♥ ♥ ♥	GYM

SATURDAY				
TIME	CLASS	INSTRUCTOR	INTENSITY	VENUE
09:30 - 10:00	CORE CRUNCH	GYM PT	♥ ♥ ♥	GYM
09:30 - 10:15	SPIN	CATT	♥ ♥ ♥	STUDIO 2
10:30 - 11:15	YOGA	CATT	♥ ♥	STUDIO 1
11:00 - 11:45	AQUA	KIM	♥ ♥	POOL
11:00 - 11:30	CIRCUITS	GYM PT	♥ ♥ ♥	GYM
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 made on the Xplor app.

INSTRUCTORS

GYM PTs - Ricardo & Emily

Amy Salter	Pat Chandler
Sarah Meade	Catt Salter
Katie Dunne	Kim Munday
Paul Cowie	Cara Friday

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