

WATERFRONT LEISURE CLASS TIMETABLE APRIL 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

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|---------------|------------|-----|-----|----------|
| 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 & Luke

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

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