

Group Fitness

TIMETABLE

Commencing 5th January 2026

■ Timetable Change ■ Waterside Club ■ Children's Class ■ PP (see below)

** Please arrive at this class at least 5 minutes prior to its start time for preparation & equipment set-up.
PP Class taught by a Pre & Post natal qualified instructor. £ There is an additional charge for these courses.

Monday

| TIME | ACTIVITY | TYPE | LOCATION | ABILITY | INSTRUCTOR |
|-----------|---------------------|--------------|------------|---------|------------|
| 0645-0730 | Spin *** | Cardio | Spin | All | Elliot |
| 0930-1015 | Zumba | Dance | Studio 1 | All | Nicky |
| 0930-1015 | Pilates | Holistic | Waterside | All | Angela |
| 0930-1015 | Spin *** | Cardio | Spin | All | Jo C |
| 0930-1015 | Aqua | Aqua | Pool | All | Carlotta |
| 0945-1015 | Raze *** | Condi/Cardio | Functional | All | Liam |
| 1030-1115 | Low & Tone | Condi | Waterside | Beg/All | Angela |
| 1030-1115 | Aqua | Aqua | Pool | All | Dawn |
| 1030-1130 | Vinyasa Yoga (PP) | Holistic | Studio 1 | All | Hannah |
| 1130-1215 | Low & Tone | Condi | Waterside | Beg/All | Angela |
| 1145-1230 | Zumba Gold | Dance | Studio 1 | Beg | Natalie O |
| 1240-1325 | Tai Chi | Holistic | Studio 1 | All | Don |
| 1330-1700 | Table Tennis Club | Club | Studio 1 | All | Members |
| 1430-1545 | Yin Yoga | Holistic | Waterside | All | Tricia |
| 1700-1745 | Ladies Only Session | Condi | Waterside | All | Michelle M |
| 1730-1815 | H.I.T & Abs | Cardio | Studio 1 | All | Alice |
| 1830-1915 | Clubbercise | Dance | Studio 1 | All | Dionne |
| 1830-1915 | Glutes, Legs & Core | Condi | Waterside | All | Carlotta |
| 1830-1915 | Spin *** | Cardio | Spin | All | Bob |
| 1830-1915 | BOX12 *** | Condi/Cardio | BOX12 | All | Leon |
| 1930-2015 | Pump *** | Condi | Studio 1 | All | Dionne |
| 1930-2015 | Pilates | Holistic | Waterside | All | Neila |
| 1930-2015 | Aqua | Aqua | Pool | All | Carlotta |

Tuesday

| TIME | ACTIVITY | TYPE | LOCATION | ABILITY | INSTRUCTOR |
|-----------|-------------------|----------|------------|---------|------------|
| 0700-0730 | Metafit | Cardio | Studio 1 | All | Elliot |
| 0830-0915 | Yoga Principles | Holistic | Waterside | All | Rosanne |
| 0930-1015 | Zumba | Dance | Studio 1 | All | Laura |
| 0930-1015 | Yoga Principles | Holistic | Waterside | All | Rosanne |
| 0930-1015 | Spin *** | Cardio | Spin | All | Charlotte |
| 1015-1100 | Aqua (PP) | Aqua | Pool | All | Niki |
| 1030-1115 | Body Conditioning | Condi | Studio 1 | All | Rae |
| 1030-1115 | Body Maintenance | Rehab | Waterside | Beg/All | Matt |
| 1115-1200 | Aqua (PP) | Aqua | Pool | All | Niki |
| 1130-1215 | Tai Chi | Holistic | Studio 1 | All | Steve |
| 1130-1215 | Body Maintenance | Rehab | Waterside | Beg/All | Matt |
| 1230-1315 | Pilates | Holistic | Studio 1 | All | Liz |
| 1630-1700 | Raze *** | Condi | Functional | All | Ben |
| 1730-1815 | Barre | Condi | Waterside | All | Natalie H |
| 1820-1905 | Peak *** | Cardio | Spin | All | Helen |
| 1830-1915 | Body Conditioning | Condi | Studio 1 | All | Michelle M |
| 1830-1915 | Pilates (PP) | Holistic | Waterside | All | Natalie H |
| 1920-2005 | Spin *** | Cardio | Spin | All | Helen |
| 1930-2015 | Dance Mix | Dance | Studio 1 | All | Jo T |
| 1930-2030 | Vinyasa Yoga | Holistic | Waterside | All | Ruth |

Children's Timetable

For further information on the following classes, please use the relevant contact details:
Waterside Swimming swimming@whlc.co.uk. Water Babies 0161 928 6385.

Monday

| TIME | ACTIVITY | TYPE | LOCATION | ABILITY | INSTRUCTOR |
|-----------|------------------|------|----------|---------|--------------|
| 1230-1630 | Water Babies (£) | Swim | Pool | Baby | Water Babies |

Tuesday

| TIME | ACTIVITY | TYPE | LOCATION | ABILITY | INSTRUCTOR |
|-----------|--------------------|-------|----------|---------|--------------|
| 1330-1530 | Water Babies (£) | Swim | Pool | Baby | Water Babies |
| 1700-1800 | Stage Stars (Kids) | Dance | Studio 1 | 5-12yrs | Laura |

Wednesday

| TIME | ACTIVITY | TYPE | LOCATION | ABILITY | INSTRUCTOR |
|-----------|----------------------|-------|-----------|---------|-----------------|
| 1600-1900 | Swimming Lessons (£) | Swim | Pool | 3+ | Swim Instructor |
| 1700-1800 | Move It! (Kids) | Dance | Waterside | 5-12yrs | Hannah |

Thursday

| TIME | ACTIVITY | TYPE | LOCATION | ABILITY | INSTRUCTOR |
|-----------|----------------------|------|----------|---------|-----------------|
| 1600-1900 | Swimming Lessons (£) | Swim | Pool | 3+ | Swim Instructor |

Friday

| TIME | ACTIVITY | TYPE | LOCATION | ABILITY | INSTRUCTOR |
|-----------|------------------|--------------|-----------|---------|--------------|
| 1145-1415 | Water Babies (£) | Swim | Pool | Baby | Water Babies |
| 1845-1930 | Kids Kickboxing | Condi/Cardio | Waterside | 7-12yrs | Neil |

Saturday

| TIME | ACTIVITY | TYPE | LOCATION | ABILITY | INSTRUCTOR |
|-----------|----------------------|------|----------|---------|-----------------|
| 0830-1330 | Swimming Lessons (£) | Swim | Pool | 3+ | Swim Instructor |
| 1400-1800 | Water Babies (£) | Swim | Pool | Baby | Water Babies |

Wednesday

| TIME | ACTIVITY | TYPE | LOCATION | ABILITY | INSTRUCTOR |
|-----------|-------------------------|--------------|------------|---------|---------------|
| 0645-0730 | Strength & Conditioning | Condi/Cardio | Studio 1 | All | Ben |
| 0930-1015 | Dance Mix | Dance | Studio 1 | All | Hannah |
| 0930-1015 | Functional Yoga | Holistic | Waterside | Beg/All | Wil |
| 0930-1015 | Spin *** | Cardio | Spin | All | Helen |
| 0930-1015 | Aqua | Aqua | Pool | All | Niki / Sophie |
| 1030-1115 | Body Conditioning | Condi | Studio 1 | All | Niki / Amy |
| 1030-1115 | Barre | Condi | Waterside | All | Natalie H |
| 1030-1115 | Spin *** | Cardio | Spin | All | Helen |
| 1030-1115 | Aqua | Aqua | Pool | All | Monica |
| 1130-1215 | Pilates | Holistic | Studio 1 | All | Michelle K |
| 1130-1215 | Barre | Condi | Waterside | All | Natalie H |
| 1130-1300 | Coffee Club | Club | Restaurant | All | Members |
| 1230-1315 | Pilates | Holistic | Studio 1 | All | Michelle K |
| 1230-1315 | Fitball | Condi | Waterside | All | Dawn |
| 1330-1415 | Aqua (PP) | Aqua | Pool | All | Dawn |
| 1330-1700 | Table Tennis Club | Club | Studio 1 | All | Members |
| 1730-1815 | Strength & Conditioning | Condi/Cardio | Studio 1 | All | Monica |
| 1830-1915 | Zumba | Dance | Studio 1 | All | Lisa |
| 1830-1915 | Spin *** | Cardio | Spin | All | Monica |
| 1830-1930 | Hatha Yoga | Holistic | Waterside | All | Don |
| 1830-1930 | Waterside Run Club | Run | Outdoors | All | Rob |
| 1845-1915 | Raze *** | Condi | Functional | All | Leon |
| 1930-2015 | Strength & Sculpt | Condi | Studio 1 | All | Leon |
| 1930-2015 | Aqua | Aqua | Pool | All | Stacey |
| 1945-2030 | Barre | Condi | Waterside | All | Hannah |

Thursday

| TIME | ACTIVITY | TYPE | LOCATION | ABILITY | INSTRUCTOR |
|-----------|-------------------|----------|-----------|---------|------------|
| 0700-0730 | Metafit | Cardio | Studio 1 | All | Elliot |
| 0845-0930 | Pilates | Holistic | Studio 1 | All | Liz |
| 0945-1030 | Pilates | Holistic | Studio 1 | All | Liz |
| 0945-1030 | Body Conditioning | Condi | Waterside | All | Michelle M |
| 1015-1100 | Aqua | Aqua | Pool | All | Monica |
| 1045-1130 | Zumba | Dance | Studio 1 | All | Dionne |
| 1045-1130 | Vinyasa Yoga | Holistic | | | |

