

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.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 relevent 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	Waterside	All	Hannah
	1115-1200	Aqua	Aqua	Pool	All	Monica
	1145-1230	Pump ***	Condi	Studio 1	All	Dionne
	1145-1230	Tai Chi	Holistic	Waterside	All	Steve
	1245-1330	Spin ***	Cardio	Spin	All	Liam
	1245-1400	Hatha Yoga	Holistic	Studio 1	All	Tricia
	1730-1815	Circuits	Condi/Cardio	Studio 1	All	Niki / Liam
	1830-1915	Stretch & Sculpt	Condi	Studio 1	All	Hannah
	1830-1915	Spin ***	Cardio	Spin	All	Jason
	1930-2015	Pump ***	Condi	Studio 1	All	Jason
	1930-2015	Renewal Yoga	Holistic	Waterside	All	Ruth / Brontë
	2015-2030	Meditation	Holistic	Waterside	All	Ruth / Brontë

Friday

	TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
	0645-0745	Wake Up Yoga	Holistic	Studio 1	All	Fenia
	0930-1015	Body Conditioning	Condi	Studio 1	All	Dawn
	0930-1015	Functional Yoga	Holistic	Waterside	Beg/All	Wil
	0930-1015	Aqua	Aqua	Pool	All	Monica
	0945-1015	Raze ***	Condi/Cardio	Functional	All	Elliot
	1030-1115	Low & Tone	Condi	Studio 1	Beg/All	Dawn
	1030-1115	Pilates	Holistic	Waterside	All	Natalie H
	1030-1115	Spin ***	Cardio	Spin	All	Elliot
	1030-1115	Aqua	Aqua	Pool	All	Suzanne
	1030-1115	BOX12 ***	Condi/Cardio	BOX12	All	Ben
	1030-1130	Waterside Run Club	Run	Outdoors	All	Rob
	1130-1215	Pilates	Holistic	Studio 1	All	Suzanne
	1130-1215	Low & Tone	Condi	Waterside	Beg/All	Dawn
	1230-1315	Glutes, Legs & Core	Condi	Waterside	All	Carlotta
	1330-1700	Table Tennis Club	Club	Studio 1	All	Members
	1730-1815	Pilates	Holistic	Studio 1	All	Neila
	1730-1815	Strength & Sculpt	Condi	Waterside	All	Helen
	1830-1915	Spin ***	Cardio	Spin	All	Helen

Saturday

	TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
	0845-0930	Pilates	Holistic	Studio 1	All	Jenny
	0845-0930	Fitball	Condi	Waterside	All	Dawn
	0945-1030	Body Conditioning	Condi	Studio 1	All	Michelle M
	0945-1030	Stretch & Sculpt	Condi	Waterside	All	Dawn
	1045-1130	Dance Mix	Dance	Studio 1	All	Dionne
	1045-1130	Spin ***	Cardio	Spin	All	Bob

Sunday

	TIME	ACTIVITY	TYPE	LOCATION	ABILITY	INSTRUCTOR
	0930-1015	Body Conditioning	Condi	Studio 1	All	Carlotta
	1030-1115	Zumba	Dance	Studio 1	All	Lisa
	1030-1115	Strength & Sculpt	Condi	Waterside	All	Neet
	1030-1115	Spin ***	Cardio	Spin	All	Glenn
	1130-1215	Yogalates	Condi	Studio 1	All	Nancy / Ruth
	1600-1700	Hatha Yoga	Holistic	Studio 1	All	Don
	1715-1800	Aqua	Aqua	Pool	All	Stacey
	1815-1900	Pilates	Holistic	Studio 1	All	Hayley

VINYASA YOGA