

CASCADES LEISURE CENTRE

GROUP EXERCISE CLASSES JULY - SEPTEMBER

MONDAY			
Body Bar Pilates	ⓑ	Studio 3	9.00am - 9.45am
Group Cycle	ⓑ	Spin Studio	9.15am - 10.00am
Body Tone	ⓑ	Studio 1	10.00am - 11.00am
Kettlebells	ⓑ	Studio 3	10.15am - 11.00am
Movement & Fitness	ⓑ	Studio 2	11.15am - 12.15pm
Phase 4	ⓑ	Dance Studio	11.30am - 1.00pm
Chair Fit	ⓑ	Studio 2	12.45pm - 1.45pm
Step & Condition	ⓑ	Studio 1	6.00pm - 7.00pm
Kettlebells	ⓑ	Studio 3	6.15pm - 7.00pm
Group Cycle	ⓑ	Spin Studio	7.15pm - 8.00pm
Tums, Bums & Thighs	ⓑ	Studio 1	7.30pm - 8.30pm
Total Body Blitz	ⓑ	Studio 3	8.00pm - 9.00pm
TUESDAY			
Kettlebells	ⓑ	Studio 3	9.00am - 9.45am
Complete Conditioning	ⓑ	Studio 1	9.15am - 10.00am
Tums, Bums & Thighs	ⓑ	Studio 1	10.30am - 11.30am
HIIT 20	ⓑ	Studio 1	6.00pm - 6.30pm
Kettlebells	ⓑ	Studio 3	6.30pm - 7.15pm
Step	ⓑ	Studio 1	7.00pm - 8.00pm
Group Cycle	ⓑ	Spin Studio	7.30pm - 8.15pm
Konga	ⓑ	Studio 3	8.00pm - 9.00pm
WEDNESDAY			
Pilates	ⓑ	Studio 1	9.00am - 9.45am
Group Cycle	ⓑ	Spin Studio	9.15am - 10.00am
Step	ⓑ	Studio 1	10.15am - 11.00am
50+ Stretch & Tone	ⓑ	Studio 3	11.00am - 12.00pm
Yoga	ⓑ	Studio 1	6.15pm - 7.45pm
HIIT	ⓑ	Studio 3	6.30pm - 7.15pm
Group Cycle	ⓑ	Spin Studio	7.30pm - 8.15pm

THURSDAY			
Complete Conditioning	ⓑ	Studio 1	9.15am - 10.00am
Tums, Bums & Thighs	ⓑ	Studio 3	10.05am - 11.05am
Chair Fit	ⓑ	Studio 2	10.15am - 11.15am
30 Minute Work Out	ⓑ	Studio 1	11.10am - 11.40am
Chair Fit	ⓑ	Studio 2	11.45am - 12.45pm
Kettlebells	ⓑ	Studio 3	6.00pm - 6.45pm
HIIT	ⓑ	Dance Studio	7.00pm - 8.00pm
 ZUMBA	ⓑ	Studio 3	8.00pm - 9.00pm
FRIDAY			
Group Cycle	ⓑ	Spin Studio	7.15am - 8.00am
Konga	ⓑ	Studio 1	9.00am - 9.45am
Group Cycle	ⓑ	Spin Studio	9.15am - 10.00am
Kettlebells	ⓑ	Studio 3	10.00am - 10.45am
Step	ⓑ	Studio 1	10.15am - 11.15am
Body Bar Pilates	ⓑ	Studio 3	11.30am - 12.15pm
SATURDAY			
BOOTCAMP	ⓑ	Outside	9.15am - 10.15am
Group Cycle	ⓑ	Spin Studio	9.00am - 9.45am
Shrink an Inch	ⓑ	Studio 2	9.45am - 10.45am
Aerobic Tone	ⓑ	Studio 1	10.00am - 11.00am
SUNDAY			
Kettlebells	ⓑ	Studio 3	9.30am - 10.15am
Group Cycle	ⓑ	Spin Studio	10.30am - 11.15am