



OUTDOOR & LIVE-STREAMED CLASSES

Week commencing 19th April

MONDAY			
HIIT	LIVE-STREAM	9.00AM-9.45AM	TRACY
RHYTHM CYCLE	OUTDOOR CASCADES	9.15AM – 10.00AM	MAYA
BODY CONDITIONING	LIVE-STREAM	10.00AM-10.45AM	BERNIE
ENDURANCE CYCLE	OUTDOOR CASCADES	6.00PM – 6.45PM	CLAIRE D
TUMS AND BUMS	LIVE-STREAM	6.30PM-7.15PM	AGNIESZKA
BODY BOOTCAMP	OUTDOOR CASCADES	7.00PM-7.45PM	CLAIRE D
MINDFULNESS	LIVE-STREAM	7.30PM-8.15PM	ALISON
TUESDAY			
KETTLEBELLS	OUTDOOR CASCADES	9.15AM-10.00AM	MAYA
CORE CARDIO	LIVE-STREAM	10.15AM-11.00AM	MAYA
TABATA HIIT	LIVE-STREAM	6.00PM-6.45PM	JO
ENDURANCE CYCLE	OUTDOOR CASCADES	6.30PM-7.15PM	CLAIRE D
KONGA	LIVE-STREAM	7.00PM-7.45PM	BECKY
WEDNESDAY			
PILATES	LIVE-STREAM	9.30AM-10.15AM	IVAN
RHYTHM CYCLE	OUTDOOR CASCADES	10.00AM-10.45AM	JODIE
BOX FIT	LIVE-STREAM	11.00AM-11.45AM	TRACY
KETTLEBELLS	OUTDOOR CASCADES	6.00PM-6.45PM	HANNAH
RHYTHM CYCLE	OUTDOOR CASCADES	7.00PM – 7.45PM	HANNAH
BODY BLITZ	LIVE-STREAM	7.00PM-7.45PM	FUMI
THURSDAY			
TABATA HIIT	OUTDOOR CASCADES	9.15AM-10.00AM	FUMI
COMPLETE CONDITIONING	LIVE-STREAM	10.00AM-10.45AM	BERNIE
PILATES	LIVE-STREAM	6.00PM-6.45PM	DAWN
HIIT CYCLE	OUTDOOR CASCADES	6.30PM-7.15PM	TRACY
FRIDAY			
INTERVAL CYCLE	OUTDOOR CASCADES	9.15AM-10.00AM	DONNA
HIIT AND TONE	LIVE-STREAM	9.30AM-10.15AM	CLAIRE D
50+ FITNESS	LIVE-STREAM	11.00AM-11.45AM	FUMI
SATURDAY			
KETTLEBELLS	OUTDOOR CASCADES	9.00AM-9.45AM	JODIE
AEROBIC TONE	LIVE-STREAM	9.30AM-10.15AM	FUMI
RHYTHM CYCLE	OUTDOOR CASCADES	10.00AM-10.45AM	JODIE
SUNDAY			
ENDURANCE CYCLE	OUTDOOR CASCADES	9.00AM-9.45PM	FUMI
POWER HIIT	LIVE-STREAM	10.00AM-10.45AM	DANNY
ENDURANCE CYCLE	OUTDOOR CASCADES	10.00AM-10.45AM	FUMI

All classes are bookable