

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	
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	