

Cascades Bookable Group Exercise Classes

MONDAY			
HYDRO POWER	9.00am-9.45am	Swimming Pool	Vicky B
BODY TONE	9.00am - 9.45 am	Studio 1	Bernie
RHYTHM CYCLE	9.15am-10.00am	Spin Studio	Maya
BODY BAR PILATES	9.45am – 10.45am	Studio 1	Bernie
CHAIRFIT	10.30am-11.30am	Studio 2	Vicky B
PHASE 4	11.00am-12.30pm	Studio 1	Dave
MS CHAIRFIT	11.30am-12.30pm	Studio 2	Vicky B & Teresa
STEP & CONDITION	6.00pm – 7.00pm	Studio 1	Deanne
KETTLEBELLS	6.15pm-7.00pm	Studio 3	Claire D
HYDRO BUMP	7.00pm-8.00pm	Swimming Pool	Vicky B
ENDURANCE CYCLE	7.15pm-8.00pm	Spin Studio	Claire D
TOTAL BODY BLITZ	7.30pm-8.30pm	Studio 1	Fumi
TUESDAY			
COMPLETE CONDITIONING	9.15am-10.00am	Studio1	Alex
KETTLE-HIIT & TONE	9.30am-10.30am	Studio 3	Tracy
TUMS, BUMS & THIGHS	10.00am-11.00am	Studio 1	Teresa
KETTLEBELLS	6.30pm-7.15pm	Studio 3	Jo
TUMS BUMS & THIGHS	6.45pm-7.45pm	Studio1	Belinda
INTERVAL CYCLE	7.30pm-8.15pm	Spin Studio	Jo
KONGA	7.45pm-8.45pm	Studio 1	Becky
WEDNESDAY			
HYDRO POWER	9.00am-9.45am	Swimming Pool	Vicky B
PILATES	9.00am-10.00am	Studio 1	Ivan
RHYTHM CYCLE	9.15am-10.00am	Spin Studio	Jodie
50+ STRETCH AND TONE	11.00am-12.00am	Studio 1	Teresa
YOGA	6.00pm-7.00pm	Studio 1	Phyllis
KETTLE HIIT	6.30pm-7.15pm	Studio 3	Fumi
HYDRO POWER (age 11+)	7.00pm-7.45pm	Swimming Pool	Katie
ENDURANCE CYCLE	7.30pm-8.15pm	Spin Studio	Fumi
THURSDAY			
EARLY BIRD SPIN	6.15am-7.00am	Spin Studio	Hannah C
COMPLETE CONDITIONING	9.15am-10.00am	Studio 1	Bernie
TABATA HIIT	9.30am – 10.15am.	Studio 3	Fumi
TUMS BUMS THIGHS	10.00am-11.00am	Studio 1	Bernie
CHAIRFIT	10.15am-11.15am	Studio 2	Vicky B
KETTLEBELLS	6.15pm-7.00pm	Studio 3	Fumi
HIIT	7.15pm-8.00pm	Studio 1	Fumi
KONGA	8.00pm-9.00pm	Studio 1	Becky
FRIDAY			
RHYTHM CYCLE	7.15am-8.00am	Spin Studio	Maya
HYDRO POWER	9.00am-9.45am	Swimming Pool	Vicky B
KONGA	9.15am-10.00am	Studio 1	Becky
KETTLE-HIIT & TONE	9.30am-10.30am	Studio 3	Maya
STEP	10.00am-11.00 am	Studio 1	Bernie
BODY BAR PILATES	11.00am-11.45am	Studio 1	Bernie
SATURDAY			
ENDURANCE CYCLE	9.00am-9.45am	Spin Studio	Fumi
AEROBIC TONE	10.00am-11.00am	Studio 1	Fumi
SUNDAY			
PILATES	9.30am-10.30am	Studio 1	Ivan