## CASCADES BOOKABLE GROUP CLASSES

MONDAY  LIVERO ROWER	0.00am 0.45am	Curimming Dool	Violar D
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	Wes
BODY BAR PILATES  CHAIRFIT	9.45am - 10.45am	Studio 1	Bernie
	10.45am -11.30am	Studio 2	Bernie
PHASE 4	11.00am -12.30pm	Studio 1	Dave Viole: B
MS CHAIRFIT	11.30am -12.30pm	Studio 2	Vicky B
STEP & CONDITION  HYDRO BUMP	6.00pm – 7.00pm 7.00pm-8.00pm	Studio 1	Deanne Viole: B
RHYTHM CYCLE	·	Swimming Pool	Vicky B  Deanne
TOTAL BODY BLITZ	7.15pm-8.00pm	Spin Studio Studio 1	
	7.30pm-8.30pm	Studio 1	Fumi
TUESDAY	9.00am-9.30am	Studio 3	Tracu
KETTLEBELL EXPRESS			Tracy
COMPLETE CONDITIONING	9.15am-10.00am	Studio1	Alex
BARBELL EXPRESS	9.30am-10.00am	Studio 3	Tracy
TUMS AND BUMS  PARKINSONS CIRCUIT CLASS	10.00am -11.00am	Studio 1	Tracy
PARKINSONS CIRCUIT CLASS INTERVAL CYCLE	11.15am-12.15pm	Studio 1	Tracy
	5.45pm – 6.30pm	Spin Studio	Jo
YOGA (age 14+)	6.00pm - 7.00pm	Studio 1	Dawn
KETTLEBELLS	6.30pm-7.15pm	Studio 3	Jo Poels:
KONGA	7.15pm-8.15pm	Studio 1	Becky
WEDNESDAY	0.000 0.45 0.00	Continue De al	Vi al D
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
TOTAL BODY CONDITIONING	10.30am-11.30am	Studio 1	Deanne
KETTLE HIIT	6.00pm-6.45pm	Studio 3	Fumi
TUMS, BUMS, THIGHS	6.15pm-7.15pm	Studio 1	Becs
BARBELL STRENGTH	7.00-8.00PM	Studio 3	Fumi
HYDRO POWER (age 11+)	7.15pm-8.00pm	Swimming Pool	Katie
THURSDAY  COMPLETE CONDITIONING	0.15 a.m. 10.00 a.m.	Chudia 1	Dormio
COMPLETE CONDITIONING	9.15am-10.00am	Studio 1	Bernie
BARBELL STRENGTH	9.15am – 10.00am.	Studio 3	Fumi
TUMS BUMS THIGHS	10.00am-10.45am 10.45am-11.30am	Studio 1 Studio 2	Bernie
CHAIRFIT KETTLEBELLS		Studio 2 Studio 3	Bernie Fumi
HIIT	6.15pm-7.00pm	Studio 3 Studio 1	
FRIDAY	7.15pm-8.00pm	Studio 1	Fumi
RHYTHM CYCLE	7.15am-8.00am	Spin Studio	Maya
HYDRO POWER	9.00am-9.45am		Vicky B
KONGA	9.15am-10.00am	Swimming Pool Studio 1	Веску
STEP	10.00am-11.00 am	Studio 1	Bernie
BODY BAR PILATES	11.00am-11.45am	Studio 1	Bernie
RHYTHM CYCLE	5.45pm – 6.30pm	Spin Studio	Becs
SATURDAY		Spin Studio	DECS
ENDURANCE CYCLE	9.00am-9.45am	Spin Studio	Fumi
AEROBIC TONE	10.00am-11.00am	Studio 1	Fumi
SUNDAY	TO.OUGIII-TT.OUGIII	Studio 1	Fullil
	9 30am-10 20am	Studio 1	lvan
PILATES	9.30am-10.30am	Studio 1	Ivan