

CASCADÉS BOOKABLE GROUP CLASSES			
MONDAY			
HYDRO POWER	9.00am - 9.45am	Swimming Pool	Vicky B
BODY TONE	9.00am - 9.45 am	Studio 1	Bernie
BODY BAR PILATES	9.45am - 10.45am	Studio 1	Bernie
CHAIRFIT	10.45am -11.30am	Studio 2	Bernie
PHASE 4	11.00am -12.30pm	Studio 1	Dave
MS CHAIRFIT	11.30am -12.30pm	Studio 2	Vicky B
STEP & CONDITION	6.00pm – 7.00pm	Studio 1	Deanne
HYDRO BUMP	7.00pm-8.00pm	Swimming Pool	Vicky B
RHYTHM CYCLE	7.15pm-8.00pm	Spin Studio	Deanne
TOTAL BODY BLITZ	7.30pm-8.30pm	Studio 1	Fumi
TUESDAY			
KETTLEBELL EXPRESS	9.00am-9.30am	Studio 3	Tracy
COMPLETE CONDITIONING	9.15am-10.00am	Studio1	Bernie
BARBELL EXPRESS	9.30am-10.00am	Studio 3	Tracy
TUMS AND BUMS	10.00am -11.00am	Studio 1	Tracy
PARKINSONS CIRCUIT CLASS	11.15am-12.15pm	Studio 1	Tracy
INTERVAL CYCLE	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
JUNGLE BODY	7.15pm-8.15pm	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
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	9.15am-10.00am	Studio 1	Bernie
BARBELL STRENGTH	9.15am – 10.00am.	Studio 3	Fumi
TUMS BUMS THIGHS	10.00am-10.45am	Studio 1	Bernie
CHAIRFIT	10.45am-11.30am	Studio 2	Bernie
KETTLEBELLS	6.15pm-7.00pm	Studio 3	Fumi
HIIT	7.15pm-8.00pm	Studio 1	Fumi
FRIDAY			
RHYTHM CYCLE	7.15am-8.00am	Spin Studio	Maya
HYDRO POWER	9.00am-9.45am	Swimming Pool	Vicky B
JUNGLE BODY	9.15am-10.00am	Studio 1	Becky
STEP	10.00am-11.00 am	Studio 1	Bernie
BODY BAR PILATES	11.00am-11.45am	Studio 1	Bernie
GOOD BOOST (tablet-based exercises)	12.00pm – 1.00pm	Swimming Pool	Sarah
RHYTHM CYCLE	5.45pm – 6.30pm	Spin Studio	Becs
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