

Outdoor **FITNESS** Classes W/C 14th September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-8:00am Revs Cycle Floral Pavilion	7:15-8:00am HIIT and Stretch Ashton Park	8:00-8:30am Revs Cycle Floral Pavilion	6:00-6:45pm Body Con Leasowe Leisure Centre	7:15-8:00am HIIT and Stretch Ashton Park	9:00-10:00am Cardio Tennis Birkenhead Park
8:15-8:45am Revs Cycle Floral Pavilion	9:00-9:45am Yoga Leasowe Leisure Centre	8:45-9:15am Revs Cycle Floral Pavilion	6:15-7:15pm Run in Wirral The Oval	9:00-9:45am Yoga Leasowe Leisure Centre	9:30-10:15am Body Con Birkenhead Park
9:00-9:30am Revs Cycle Floral Pavilion	9:30-10:15am Body Con Kings Parade	9:30-10:00am Revs Cycle Floral Pavilion	6:30-7:30pm Cardio Tennis Birkenhead Park	8:15-8:45am Yoga Leasowe Leisure Centre	9:45-10:45am Run in Wirral Birkenhead Park
9:00-9:45am Yoga Leasowe Leisure Centre	10:30-11:15am Clubbercise Kings Parade	10:15-10:45am Metafit Leasowe Leisure Centre	7:00-7:45pm Zumba Leasowe Leisure Centre	9:00-9:30am Revs Cycle Floral Pavilion	10:15-11:00am Zumba Birkenhead Park
9:30-10:30am Cardio Tennis Birkenhead Park	12:30-1:15pm Body Con Kings Parade	10:30-11:15am Low Level Boot Camp Ashton Park	7:40-8:40pm Cardio Tennis Birkenhead Park	9:30-10:15am Metafit Abs Leasowe Leisure Centre	
11:15-12:15am Yoga Ashton Park	1:30-2:00pm HIIT Kings Parade	11:00-11:45am Pure Core Leasowe Leisure Centre		10:30-11:15am Circuits Leasowe Leisure Centre	
6:30-7:30pm Run in Wirral West Kirby Concourse Car Park	4:00-4:45pm Yoga Leasowe Leisure Centre				
	5:30-6:15pm Bootcamp Birkenhead Park				
	5:30-6:15pm Metafit Abs Leasowe Leisure Centre				
	6:00-6:45pm Zumba Leasowe Leisure Centre				
				5:00-5:45pm Circuit The Oval	
				5:15-5:45pm HIIT The Oval	

BE ACTIVE YOUR WAY
Brand New Outdoor Fitness Classes **Pre-Booking Essential**