

# Outdoor **FITNESS** Classes W/C 28<sup>th</sup> September

## Monday

**7:30-8:00am**  
Revs Cycle  
Floral Pavilion

**8:15-8:45am**  
Revs Cycle  
Floral Pavilion

**9:00-9:30am**  
Revs Cycle  
Floral Pavilion

**9:30-10:15am**  
Yoga  
Leasowe Leisure  
Centre

**9:30-10:30am**  
Cardio Tennis  
Birkenhead Park

**11:15-12:15am**  
Yoga  
Ashton Park

**6:30-7:00pm**  
HIIT  
Ashton Park

**6:30-7:30pm**  
Run in Wirral  
West Kirby Concourse  
Car Park

## Tuesday

**7:15-8:00am**  
HIIT and Stretch  
Ashton Park

**9:30-10:15am**  
Yoga  
Leasowe Leisure  
Centre

**9:30-10:15am**  
Body Con  
Kings Parade

**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

## Wednesday

**8:00-8:30am**  
Revs Cycle  
Floral Pavilion

**8:45-9:15am**  
Revs Cycle  
Floral Pavilion

**9:30-10:00am**  
Revs Cycle  
Floral Pavilion

**10:15-10:45am**  
Metafit  
Leasowe Leisure  
Centre

**10:30-11:15am**  
Low Level Boot Camp  
Ashton Park

**11:00-11:45am**  
Pure Core  
Leasowe Leisure  
Centre

**6:15-7:15pm**  
Run in Wirral  
The Oval

## Thursday

**7:15-8:00am**  
HIIT and Stretch  
Ashton Park

**9:30-10:15am**  
Yoga  
Leasowe Leisure  
Centre

**9:30-10:30am**  
Run in Wirral  
West Kirby Concourse  
Car Park

**9:30-10:30am**  
Cardio Tennis  
Birkenhead Park

**4:00-4:45pm**  
Yoga  
Leasowe Leisure  
Centre

**5:00-5:45pm**  
Circuit  
The Oval

**5:15-5:45pm**  
HIIT  
The Oval

## Friday

**7:30-8:00am**  
Revs Cycle  
Floral Pavilion

**8:00-8:45am**  
Yoga  
Leasowe Leisure  
Centre

**8:15-8:45am**  
Revs Cycle  
Floral Pavilion

**9:00-9:30am**  
Revs Cycle  
Floral Pavilion

## Saturday

**9:00-10:00am**  
Cardio Tennis  
Birkenhead Park

**9:30-10:15am**  
Body Con  
Birkenhead Park

**9:45-10:45am**  
Run in Wirral  
Birkenhead Park

**10:15-11:00am**  
Zumba  
Birkenhead Park

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