

Outdoor **FITNESS** Classes W/C 19th October

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	7:15-8:00am HIIT and Stretch Ashton Park	7:30-8:00am Revs Cycle Floral Pavilion	9:00-10:00am Cardio Tennis Birkenhead Park
8:15-8:45am Revs Cycle Floral Pavilion	9:00-9:30am Revs Cycle Floral Pavilion	8:45-9:15am Revs Cycle Floral Pavilion	9:00-9:30am Revs Cycle Floral Pavilion	8:00-8:45am Yoga Leasowe Leisure Centre	9:30-10:15am Body Con Birkenhead Park
9:00-9:30am Revs Cycle Floral Pavilion	9:30-10:00am HIIT Yoga Fusion Leasowe Leisure Centre	9:30-10:00am Revs Cycle Floral Pavilion	9:30-10:15am Yoga Leasowe Leisure Centre	8:15-8:45am Revs Cycle Floral Pavilion	9:45-10:45am Run in Wirral Birkenhead Park
9:30-10:15am HIIT Yoga Fusion Leasowe Leisure Centre	9:45-10:15am Revs Cycle Floral Pavilion	10:15-10:45am Metafit Leasowe Leisure Centre	9:30-10:30am Run in Wirral West Kirby Concourse Car Park	9:00-9:30am Revs Cycle Floral Pavilion	10:15-11:00am Zumba Birkenhead Park
9:30-10:30am Cardio Tennis Birkenhead Park	5:30-6:15pm Bootcamp Birkenhead Park	10:30-11:15am Low Level Boot Camp Ashton Park	9:30-10:30am Cardio Tennis Birkenhead Park	9:30-10:15am Introduction to Nordic Walking Birkenhead Park	
6:30-7:30pm Run in Wirral West Kirby Concourse Car Park		11:00-11:45am Pure Core Leasowe Leisure Centre	9:45-10:15am Revs Cycle Floral Pavilion	9:30-10:15am Metafit Leasowe Leisure Centre	
		6:15-7:15pm Run in Wirral The Oval	4:00-4:45pm Yoga Leasowe Leisure Centre	10:30-11:00am Circuits Leasowe Leisure Centre	

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