



WATERSIDE'S LIVE STREAMING TIMETABLE

Week commencing 27th July 2020 – all available on the Waterside App.
Accessible to Active & Active Freeze Members only. Login details required.

MONDAY			
TIME	ACTIVITY	TYPE	INSTRUCTOR
0930 – 1015	JAZZ DANCE	DANCE	BETHAN
1030 – 1130	VINYASA YOGA	HOLISTIC	HANNAH
1745 – 1830	H.I.I.T & ABS	CARDIO / CONDITIONING	JAMES
TUESDAY			
TIME	ACTIVITY	TYPE	INSTRUCTOR
0930 – 1015	DANCE FLOOR FILLERS	DANCE	KIRSTEN
1245 – 1330	PILATES	HOLISTIC	LIZ
2015 – 2115	VINYASA YOGA	HOLISTIC	RUTH
WEDNESDAY			
TIME	ACTIVITY	TYPE	INSTRUCTOR
1030 – 1115	BODY CONDITIONING	CONDITIONING	NIKI
1830 – 1945	HATHA YOGA	HOLISTIC	DON
THURSDAY			
TIME	ACTIVITY	TYPE	INSTRUCTOR
1245 – 1400	YOGA & RELAX	HOLISTIC	TRICIA
1725 – 1755	H.I.I.T	CARDIO	NIKI
1915 – 2000	LEGS, BUMS & TUMS	CONDITIONING	NIKI
FRIDAY			
TIME	ACTIVITY	TYPE	INSTRUCTOR
0930 – 1015	BODY CONDITIONING	CONDITIONING	DAWN
1030 – 1115	LOW & TONE	CONDITIONING	DAWN
SATURDAY			
TIME	ACTIVITY	TYPE	INSTRUCTOR
0845 – 0930	PILATES *live stream starts 08/08/20	HOLISTIC	JENNY H
SUNDAY			
TIME	ACTIVITY	TYPE	INSTRUCTOR
1700 – 1745	TAI CHI	HOLISTIC	DON

If you have any injuries or conditions, please consult with your doctor before beginning this exercise class. This workout is done completely at your own risk and you must use care and follow all safety precautions to prevent this risk of injury.