# Exercise Timetable 12th to 25th August 2019

## Monday
- **Power Spinning**
  - Activity Room: 7:10 - 8:00
  - Fitness Team: Linda

## Tuesday
- **Spinning**
  - Activity Room: 7:15 - 7:45
  - Fitness Team: Muneerah
- **Balance**
  - Activity Room: 7:10 - 8:00
  - Fitness Team: Seann

## Wednesday
- **Spinning**
  - Activity Room: 7:10 - 7:40
  - Fitness Team: Graham
- **Walk For Health**
  - Activity Room: 12:10 - 13:00
  - Fitness Team: Linda
- **Zumba**
  - Activity Room: 17:30 - 18:00
  - Fitness Team: Seann

## Thursday
- **Spinning**
  - Activity Room: 7:15 - 7:45
  - Fitness Team: Louise
- **Yoga**
  - Activity Room: 7:50 - 8:15
  - Fitness Team: Inigo

## Friday
- **Spinning**
  - Activity Room: 7:15 - 7:45
  - Fitness Team: Inigo
- **Yoga**
  - Activity Room: 7:50 - 8:15
  - Fitness Team: Inigo

## Saturday
- **Spinning**
  - Activity Room: 7:15 - 7:45
  - Fitness Team: Inigo

## Sunday
- **Spinning**
  - Activity Room: 7:15 - 7:45
  - Fitness Team: Inigo

---

## Colour Key
- **Gold = Studio**
- **Purple = Activity Room**
- **Orange = Squash Courts**
- **Pink = Non-members vs sign up**
- **Blue = Walk, Run & Swim**
- **Dark Blue = First Floor Sports Hall**

## Policy
- All classes based in the Studio & Activity Room are exclusive to Premium members.
- Premium classes & non-member classes must be booked in advance.
- Bookings can be made up to 7 days in advance only.
- Tickets for Premium classes must be obtained from reception terminals or staff before each class.
- **NO TICKET = NO SPACE**

- Cancellations can be made up to an hour before a class. Email notifications are possible or you can cancel yourself on our online system.
- Failure to attend or cancel outside of the one hour prior will result in a fine being charged.
- Classes based in the Sports Halls are on a drop-in basis; no need to book your slot just turn up.
- For further information on the swimming pool timetable, please contact 0151 247 698 or email sfc@sport.liverpool.ac.uk

---

## The location adjustments are to accommodate the Fitness Suite refurbishment

---

**Group Xercise Timetable 12th to 25th August 2019**