## Group Exercise Timetable 7th to 27th September 2020

### Monday

- **Circuit Training**
  - 12:15 - 12:55
  - Sean

### Tuesday

- **Les Mills Bodypump**
  - 12:15 - 12:55
  - Debbie

### Wednesday

- **Pure Stretch**
  - 12:15 - 12:55
  - Mike

### Thursday

- **Spinning**
  - 12:15 - 12:55
  - Mike

### Friday

- **Les Mills Bodypump**
  - 12:15 - 13:00
  - Duncan

### Saturday

- **Yoga**
  - 10:00 - 11:00
  - Karen

### Sunday

- **Les Mills Bodypump**
  - 10:00 - 11:00
  - Appi

- **Les Mills Grit**
  - 11:15 - 11:45
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**All Classes are situated in the ground floor sports hall.**

Please follow our one way system and adhere to social distancing at all times.

Please wipe your equipment before and after use to help stop the virus.

All classes must be booked in advance to help us maintain social distancing.

Bookings can be made up to 7 days in advance only.

Cancellations can be made up to an hour before a class. Email notifications are possible if 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.

For further information on the class timetable please contact 07970 247698 or email Sfc@liv.ac.uk.

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