



MON			ZUMBA 13:15 - 14:00 Linda			YOGA 16:15 - 17:00 Karen	MEDITATION 17:00 - 17:15 Karen	LES MILLS BODYPUMP 17:30 - 18:15 Phil	HIIT 18:30 - 19:00 Phil
TUE			LES MILLS BODYBALANCE 13:15 - 14:00 Mahdi				HIIT with ABS 17:15 - 18:00 Jen	PILATES 18:15 - 19:00 Jen	MEDITATION 19:00 - 19:15 Jen
WED		LES MILLS BODYBALANCE 12:15 - 13:00 Karen				LES MILLS GRIT 16:45 - 17:15 Appi	LES MILLS GRIT 17:15 - 17:45 Appi	LES MILLS BODYPUMP 18:00 - 19:00 Mahdi	
THU			LBT 13:15 - 14:00 Jen	PILATES 14:15 - 15:00 Jen	MEDITATION 15:00 - 15:15 Jen			LES MILLS BODYBALANCE 17:30 - 18:30 Karen	MEDITATION 18:30 - 18:45 Karen
FRI		ZUMBA 12:15 - 13:00 Linda	LES MILLS BODYBALANCE 13:15 - 14:00 Karen						
SAT	LES MILLS BODYPUMP 10:00 - 10:45 Appi	LES MILLS GRIT 11:00 - 11:30 Appi	LES MILLS GRIT 11:30 - 12:00 Appi						
SUN	LES MILLS BODYPUMP 10:00 - 11:00 Mahdi	YOGA 11:15 - 12:00 Karen	MEDITATION 12:00 - 12:15 Karen						

To enable you all to gain access to our fantastic Group X Team during isolation and lockdown periods our team will be streaming to you live via Zoom.

Follow the instructions below to gain access to our classes;

Go to our website - <https://www.liverpool.ac.uk/sports/facilities/sports-and-fitness-centre/group-exercise/>
Under Live classes select the class you would like to join.
No registration is required!

The class will begin at the advertised time.
Once the instructor has admitted you in, you are ready to go.

All you need is a little bit of space, some water and your body!

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

www.liv.ac.uk/sports



@Sportliverpool

Group Xercise Online Timetable

