

Classes Schedule Summer 2021

Day	Class	Time	Instructor
MON	LES MILLS BODYBALANCE	12:10 - 13:00	Karen
	WELLBEING WALK	13:00 - 14:00	Fitness Team
	ZUMBA	13:10 - 14:00	Linda
	YOGA	16:15 - 17:00	Karen
	MEDITATION	17:00 - 17:15	Karen
TUE	LES MILLS BODYPUMP	12:10 - 13:00	Debbie
	LES MILLS BODYBALANCE	13:10 - 14:00	Debbie
	YOGA	16:15 - 17:00	Karen
WED	T.B.C.	12:10 - 13:00	Jen
	WELLBEING WALK	13:00 - 14:00	Fitness Team
	PILATES & MEDITATION	13:10 - 14:00	Jen
THU	PILATES	13:15 - 14:00	Inigo
	LEGS BUMS AND TUMS	13:15 - 14:00	Jen
	PILATES	14:15 - 15:00	Jen
	MEDITATION	15:00 - 15:15	Jen
	HIIT	16:30 - 17:00	Fitness Team
FRI	ACTIVE YOGA	7:30 - 8:15	Inigo
	MEDITATION	8:15 - 8:40	Inigo
	ZUMBA	12:10 - 13:00	Linda
	LES MILLS BODYBALANCE	13:10 - 14:00	Karen
SAT	LES MILLS BODYPUMP	10:00 - 11:00	Appi
	LES MILLS GRIT	11:10 - 11:40	Appi
SUN	HIIT	10:00 - 11:00	Mahdi
	LES MILLS BODYBALANCE	11:10 - 12:00	Mahdi
	YOGA	11:15 - 12:00	Karen
	MEDITATION	12:00 - 12:15	Karen

Policy

All classes based in the Studio & Activity Room are exclusive to Premium members.

All classes must be booked in advance.

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

Tickets for 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 acceptable 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.

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

www.liv.ac.uk/sports

@Sportliverpool



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