

Classes Schedule Summer 2021



MON			 LESMILLS BODYBALANCE SPORTS HALL 12:10 - 13:00 Karen	 WELLBEING WALK MEET AT RECEPTION 13:00 - 14:00 Fitness Team	 ZUMBA SPORTS HALL 13:10 - 14:00 Linda			 LEGS BUMS AND TUMS SPORTS HALL 16:30 - 17:10 Jen	 HIIT HIGH INTENSITY INTERVAL TRAINING SPORTS HALL 17:15 - 17:45 Jen	 LESMILLS BODYPUMP SPORTS HALL 17:55 - 18:55 Appi
TUE			 LESMILLS BODYPUMP SPORTS HALL 12:10 - 13:00 Debbie	 LESMILLS BODYBALANCE SPORTS HALL 13:10 - 14:00 Debbie					 T.B.C. TOTAL BODY CONDITIONING SPORTS HALL 18:10 - 19:00 Jen	
WED			 T.B.C. TOTAL BODY CONDITIONING SPORTS HALL 12:10 - 13:00 Jen	 WELLBEING WALK MEET AT RECEPTION 13:00 - 14:00 Fitness Team	 PILATES & MEDITATION SPORTS HALL 13:10 - 14:00 Jen			 LESMILLS BODYPUMP SPORTS HALL 17:15 - 18:00 Mahdi	 LESMILLS BODYBALANCE SPORTS HALL 18:10 - 19:10 Mahdi	
THU				 PILATES SPORTS HALL 13:15 - 14:00 Inigo				 HIIT HIGH INTENSITY INTERVAL TRAINING SPORTS HALL 16:30 - 17:00 Fitness Team	 LEGS BUMS AND TUMS SPORTS HALL 17:10 - 18:00 Debbie	 LESMILLS BODYPUMP SPORTS HALL 18:10 - 19:10 Debbie
FRI	 ACTIVE YOGA SPORTS HALL 7:30 - 8:15 Inigo	 MEDITATION SPORTS HALL 8:15 - 8:40 Inigo	 ZUMBA SPORTS HALL 12:10 - 13:00 Linda	 LESMILLS BODYBALANCE SPORTS HALL 13:10 - 14:00 Karen				 LESMILLS BODYPUMP SPORTS HALL 17:30 - 18:20 Phil	 SPINNING SPORTS HALL 18:35 - 19:15 Phil	
SAT			 LESMILLS BODYPUMP SPORTS HALL 10:00 - 11:00 Appi	 LESMILLS GRIT SPORTS HALL 11:10 - 11:40 Appi						
SUN			 HIIT HIGH INTENSITY INTERVAL TRAINING SPORTS HALL 10:00 - 11:00 Mahdi	 LESMILLS BODYBALANCE SPORTS HALL 11:10 - 12:00 Mahdi						

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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