

# Online Classes Schedule Summer 2021



MON

YOGA



16:15 - 17:00  
Karen

MEDITATION



17:00 - 17:15  
Karen

TUE

YOGA



16:15 - 17:00  
Karen

MEDITATION



17:00 - 17:15  
Karen

WED

LES MILLS  
GRIT

17:00 - 18:00  
Appi

THU

LEGS BUMS  
AND TUMS

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

SAT

SUN

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 from the comfort of your own home or on your travels our team will be streaming to you live via YouTube.

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. You will need a code and a membership to access them.

The class will begin at the advertised time.

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](mailto:Sfc@liv.ac.uk)

[www.liv.ac.uk/sports](http://www.liv.ac.uk/sports)

@Sportliverpool

