### Online Classes Schedule Summer 2021

**@Sportliverpool**

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>MON</td>
<td>16:15 - 17:00</td>
<td>YOGA</td>
<td>Karen</td>
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<tr>
<td>TUE</td>
<td>16:15 - 17:00</td>
<td>YOGA</td>
<td>Karen</td>
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<tr>
<td>WED</td>
<td>13:15 - 14:00</td>
<td>PILATES</td>
<td>Jen</td>
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<tr>
<td>WED</td>
<td>14:15 - 15:00</td>
<td>PILATES</td>
<td>Jen</td>
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<tr>
<td>WED</td>
<td>15:00 - 15:15</td>
<td>MEDITATION</td>
<td>Jen</td>
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<tr>
<td>THU</td>
<td>16:15 - 17:00</td>
<td>LIMELICIOUS</td>
<td>Karen</td>
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<tr>
<td>THU</td>
<td>17:00 - 18:00</td>
<td>LIMELICIOUS</td>
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<tr>
<td>FRI</td>
<td>11:15 - 12:00</td>
<td>YOGA</td>
<td>Karen</td>
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<tr>
<td>FRI</td>
<td>12:00 - 12:15</td>
<td>MEDITATION</td>
<td>Karen</td>
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<tr>
<td>SAT</td>
<td>17:00 - 18:00</td>
<td>MEDITATION</td>
<td>Karen</td>
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<tr>
<td>SUN</td>
<td>17:30 - 18:30</td>
<td>MEDITATION</td>
<td>Karen</td>
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<tr>
<td>SUN</td>
<td>18:30 - 18:45</td>
<td>MEDITATION</td>
<td>Karen</td>
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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:

1. Go to our website - [https://www.liverpool.ac.uk/sports/facilities/sports-and-fitness-centre/group-exercise/](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

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

[@Sportliverpool](https://twitter.com/Sportliverpool)

[YouTube](https://www.youtube.com)