

Bootle Leisure Centre

Timetables subject to change Commences on 07.07.25

Opening Times:

Mon-Fri: 7.00am - 9.30pm*

Sat-Sun: 9.00am - 4.00pm**

*Last admission to the fitness suite 8:30pm

**Last admission to the fitness suite 3:30pm, pool closes at 3:30pm

MONDAY

| | TIME | ACTIVITY | LOCATION |
|---|---------------|----------------------|---------------|
| | 07:30 - 8:00 | Synergy | Fitness Suite |
| V | 08:00 - 8:45 | Les Mills Body Pump | Dance Studio |
| | 10:00 - 11:00 | Total Tone | Dance Studio |
| | 11:15 - 12:00 | Zumba | Dance Studio |
| V | 13:00 - 16:00 | Les Mills On Demand | Dance Studio |
| | 17:00-17:45 | Legs, Bums & Tums | Dance Studio |
| | 18:00 - 18:45 | Les Mills Bodycombat | Dance Studio |
| | 19:00 - 19:45 | Les Mills Bodypump | Dance Studio |
| V | 20:00 - 20:30 | Les Mills Core | Dance Studio |

THURSDAY

| | TIME | ACTIVITY | LOCATION |
|---|----------------|------------------------|---------------|
| | 07:30 - 08:00 | Synergy | Fitness Suite |
| V | 08:00 - 08:45 | Les Mills Body Attack | Dance Studio |
| | 09:30 - 10:15 | Legs, Bums & Tums | Dance Studio |
| | 10:30 - 11:15 | Spinning | Dance Studio |
| V | 13:00 - 16:00 | Les Mills On Demand | Dance Studio |
| | 18 :00 - 18:45 | Les Mills Body Combat | Dance Studio |
| | 18:50 - 19:35 | Les Mills Body Balance | Dance Studio |
| | 19:15-20:00 | Aqua Fit | Main Pool |
| V | 20:00 - 20:30 | Les Mills Core | Dance Studio |

TUESDAY

| | TIME | ACTIVITY | LOCATION |
|---|---------------|----------------------------------|---------------|
| | 07:30 - 08:00 | Synrgy | Fitness Suite |
| V | 08:45-09:15 | Les Mills The TRIP | Dance Studio |
| | 10:00 - 11:00 | Step | Dance Studio |
| | 11:00-11:45 | Core | Dance Studio |
| V | 13:00 - 14:30 | Les Mills On Demand | Dance Studio |
| | 15:00 - 16:00 | Relaxation (Relax and Revive) | Dance Studio |
| V | 16:30-17:30 | Les Mills Body Attack | Dance Studio |
| | 18:00 - 19:00 | Total Body Conditioning | Dance Studio |
| | 19:15 - 20:00 | Spinning | Dance Studio |
| | 19:15 - 20:00 | Aqua Fit | Main Pool |
| | 20:15 - 21:00 | Les Mills Thrive | Studio |

FRIDAY

| | TIME | ACTIVITY | LOCATION |
|---|---------------|---------------------|---------------|
| | 07:15 - 08:00 | Spin Circuit | Fitness Suite |
| V | 08:15 - 08:45 | Les Mills Core | Dance Studio |
| | 09:45 - 10:30 | Spinning | Dance Studio |
| | 10:45 - 11:15 | Low Level Circuit | Dance Studio |
| | 11:15 - 11:45 | Abs & Core | Dance Studio |
| V | 13:00 - 16:00 | Les Mills On Demand | Dance Studio |
| | 17:30 - 18:00 | Synergy (Y) | Fitness Suite |

SATURDAY

| | TIME | ACTIVITY | LOCATION |
|--|---------------|-------------------------|--------------|
| | 09:30 - 10:15 | Les Mills Bodycombat | Dance Studio |
| | 10:20 - 11:10 | Total Body Conditioning | Dance Studio |

WEDNESDAY

| | TIME | ACTIVITY | LOCATION |
|---|---------------|-------------------------|---------------|
| | 07:30 - 8:00 | Synrgy | Fitness Suite |
| V | 08:15 - 08:45 | Les Mills Dance | Dance Studio |
| | 10:15 - 11:00 | Total Tone | Dance Studio |
| | 11:15 - 12:15 | Circuit | Dance Studio |
| V | 13:00 - 16:00 | Les Mills On Demand | Dance Studio |
| | 17:00-17:45 | Spinning | Dance Studio |
| | 18:00 - 18:45 | Total Body Conditioning | Dance Studio |
| | 19:00 - 19:30 | Yoga/Pilates | Dance Studio |
| V | 20:00 - 20:30 | Les Mills Core | Dance Studio |

SUNDAY

| | TIME | ACTIVITY | LOCATION |
|---|---------------|-----------------------|---------------|
| V | 09:15 - 10:00 | Les Mills The TRIP | Dance Studio |
| | 10:00 - 10:30 | Synergy | Fitness Suite |
| V | 11:00 - 11:45 | Les Mills Body Attack | Dance Studio |

V LesMills Virtual Classes All virtual classes are unmanned virtually instructed sessions. booking for these classes is as normal. Virtual classes may require some equipment - participants are required to collect and return all kit to the correct place following classes. Booking is compulsory for all classes. Classes can be booked up to seven days in advance. Classes may change. (Y) = Youth Applicable

Book online today at www.activeseptonfitness.co.uk, at reception or call on 0151 330 3301

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MORE THAN JUST A GYM

One membership. Six locations.

Bootle Leisure Centre

Crosby Lakeside

Dunes Splash World

Litherland Sports Park

Meadows Leisure Centre

Netherton Activity Centre

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Class Timetable

CLASS DESCRIPTIONS

LES MILLS VIRTUAL

LES MILLS™ Virtual workouts combine our world-leading fitness programs with pumping sound and motivation from some of the hottest instructors on the planet. Big workouts on the big screen. It's a truly inspiring experience that will drive amazing results.

LES MILLS SPRINT

A 30-minute High-Intensity Interval Training (H.I.I.T) workout, using an indoor bike to achieve fast results.

LES MILLS RPM

The indoor cycling class, set to the rhythm of motivating music. Burn calories and get fit fast.

LES MILLS THE TRIP

THE TRIP is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. With its cinema-scale screen and sound system, THE TRIP takes motivation and energy output to the next level, burning serious calories.

LES MILLS DANCE

a 45-minute, high-energy workout that will challenge and move you. With a focus on movement and technique, it is simple to master and a great option for those who want to improve their dance skills while getting fit, or for anyone who loves to dance!

LES MILLS BODYBALANCE

The yoga-based class that will improve your mind, your body and your life. Strengthen your entire body and leave feeling calm and centred.

LES MILLS BODYPUMP

The Original barbell workout. The full-body weights workout, BODYPUMP is for anyone looking to get lean, toned and fit – fast.

LES MILLS BODYCOMBAT

This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

LES MILLS GRIT | CARDIO

A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

LES MILLS GRIT | STRENGTH

A 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.

LES MILLS CORE

A scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

CIRCUITS

This circuit style fitness class aims to improve your endurance with an all body workout.

LES MILLS BODYATTACK

Is a high energy, fun and athletic workout focused on cardio fitness, stamina, and agility. Combining athletic movements like running, lunging, and jumping with strength exercises as push-ups and squats.

YOGA FLOW

This YF is one of the most popular forms of yoga. It is characterised by stringing various postures together, so the sequence moves in an uninterrupted flow.

The practice is aimed at activating and balancing the Hormonal and Endocrine systems of the human body, and increasing the quality of breathing and increasing Internal Lightness in the body.

One of the benefits of Flow Yoga is that due to the various postures, it is rare that two classes are alike. The class ranges from beginners to advanced

STEP

Includes a freestyle step aerobics routine, using a low step, with simple and fun cardio routines that are safe for your joints and brilliant for your fitness and wellbeing.

Youth Circuits

Session designed around gym users 11-16 years old circuit style class which aims to improve endurance and with all body workout.

TRIM & TONE

A full body, low impact class which focuses on conditioning, sculpting and toning.

SYNERGY

Primarily involves body weight and cardio interval work set in the fitness suite functional space. Each interval varies from 1-3 minutes alternating between strength and cardio. This workout will hit that sweet spot every time and have coming back for more.

HIIT STEPS

HIITSTEP is a high-intensity interval training (HIIT) workout that uses a step and dynamic bodyweight exercises. It has been designed to improve power, increase strength and burn hundreds of calories. The HIITSTEP workout contains voice over music tracks and pre-designed training sessions allowing instructors to deliver inspirational and motivational workouts.

All classes can be booked up to 7 days either online or over the phone.

FOR ONLINE BOOKING: We have introduced a new online booking system for gym, swim and classes. We would advise all members to register for online booking as this will make the booking process quicker and easier. For full details of how to access the booking system go to www.activeseptonfitness.co.uk

FOR PHONE BOOKINGS: If you do not want to use online bookings, you will be able to book by contacting your chosen Leisure Centre by phone.

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