

Litherland Sports Park

Timetables subject to change Commences on 09.09.25

Opening Times:

Mon-Thur: 6.30am - 9.00pm

Friday: 6.30am - 8.00pm

Sat-Sun: 9.00am - 5.00pm

MONDAY

	TIME	ACTIVITY	LOCATION
V	06:30-08:30	Les Mills On Demand (Y)	Studio
	09:15-10:00	Spinning	Studio
	09:30-10:00	Synergy	Fitness Suite
V	10:00-11:00	Les Mills CX Worx	Studio
V	12:30-13:15	Les Mills RPM	Studio
V	14:00-15:00	Les Mills Body Pump	Studio
V	15:00-17:00	Les Mills On Demand	Studio
	17:00-17:45	Spinning	Studio
	18:00-18:45	Spinning	Studio
	18:30-19:00	Synergy	Fitness Suite
	19:15-20:00	Circuits	Studio

TUESDAY

	TIME	ACTIVITY	LOCATION
V	06:30-08:30	Les Mills On Demand (Y)	Studio
	09:15-10:00	H.I.I.T Strength	Studio
	10:00-11:00	Legs Bums and Tums	Studio
V	11:15-11:45	Les Mills Body Balance	Studio
V	12:00-12:45	Les Mills RPM	Studio
V	13:00-13:30	Synergy	Fitness Suite
	18:00-19:00	Pilates	Studio
	18:30-19:00	Synergy	Fitness Suite
	19:15-20:15	Strength and Conditioning	Studio

WEDNESDAY

	TIME	ACTIVITY	LOCATION
V	06:30-08:30	Les Mills On Demand (Y)	Studio
V	08:30-09:00	Les Mills CX Worx	Studio
	09:15-10:00	X-Press Fat Burn	Studio
	10:30-11:00	Synergy	Fitness Suite
V	17:00-17:45	Les Mills RPM	Studio
V	18:00-18:30	H.I.I.T Strength	Studio
	18:30-19:00	Synergy	Fitness Suite
	18:30-19:00	Core	Studio
	19:00-19:45	Spinning	Studio

THURSDAY

	TIME	ACTIVITY	LOCATION
V	06:30-08:30	Les Mills On Demand (Y)	Studio
V	08:30-09:00	Les Mills CX Worx	Studio
	09:15-10:00	H.I.I.T Strength	Studio
	09:30-10:00	Synergy	Fitness Suite
	10:30-11:30	Aerobics	Studio
	12:15-13:00	Pilates	Studio
V	14:00-15:00	Les Mills Body Pump	Studio
V	15:15-16:00	Les Mills Sh'Bam	Studio
V	16:15-16:45	Les Mills RPM (Y)	Studio
	18:30-19:00	Synergy	Fitness Suite
	19:15-20:00	Circuit	Studio

FRIDAY

	TIME	ACTIVITY	LOCATION
V	06:30-08:30	Les Mills On Demand (Y)	Studio
	08:30-09:15	Spinning	Studio
	09:30-10:15	Step	Studio
	09:30-10:00	Synergy	Fitness Suite
	12:30-13:00	Synergy	Fitness Suite
V	16:00-17:00	Les Mills Body Pump	Studio
	17:00-17:45	Legs Bums and Tums	Studio
	18:00-18:45	Yoga	Studio

SATURDAY

	TIME	ACTIVITY	LOCATION
V	09:15-10:00	Les Mills Body Pump	Studio
V	10:15-11:00	Les Mills Body Combat	Studio
V	14:00-17:00	Les Mills On Demand (Y)	Studio

SUNDAY

	TIME	ACTIVITY	LOCATION
V	10:00-11:00	Les Mills Body Pump	Studio
V	11:30-12:15	Les Mills RPM	Studio
V	13:00-14:00	Les Mills Combat	Studio
V	14:00-17:00	Les Mills On Demand (Y)	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.activeseiftonfitness.co.uk, at reception or call on 0151 288

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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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Sefton Council



Litherland Sports Park

Class Timetable

Keep in touch, keep active



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activeseptonfitness.co.uk

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 **ON DEMAND**

Les Mills On Demand allows you to access motivating and effective workouts on our big screens, such as BODYPUMP, BODYBALANCE, CXWORX and more.

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 **RPM**

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

LES MILLS **CXWORX**

Exercising muscles around the core; CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favourite sports-it's the glue that holds everything together.

LES MILLS **SHBAM**

The fun-loving, insanely addictive dance workout – no dance experience required.

CORE

Improves posture and body alignment through exercises that strengthen the abdomen and back muscles whilst helping to increase flexibility.

CIRCUITS

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

STEP

Stepping up and down on an adjustable height platform is the basis of Step Aerobics. Intensity is controlled by adjusting the height of the step as well as the amount of arm movements.

Strength and Conditioning

A full body workout using a variety of exercises and techniques to focus on all areas.

FUNCTIONAL CONDITIONING

Primarily involves bodyweight 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.

H.I.I.T STRENGTH

Strength movements combined with a high intensity interval session to promote fitness conditioning in super quick time.

LEGS, BUMS & TUMS

Focusing on hard to reach areas, this class uses isolated toning and strengthening exercises to create leaner muscles and elevated self-confidence.

PILATES

This is a body conditioning routine that helps build flexibility, longer leaner muscles, and strength and endurance in the arms, legs, abdominals, hips and back. It puts emphasis on spinal alignment and breathing techniques to aid relaxation and decrease stress levels.

This low level class can also help build a stronger core and improve co-ordination and balance.

AEROBICS

Combining rhythmic aerobic routines with toning exercises, this is a great way to keep fit and tone muscles. With a variety of routines performed to uplifting music, this is a fun way to enjoy fitness with friends.

X-PRESS FAT BURN

High energy, high intensity session targeting interval training techniques to give you that all important fat burn all wrapped up in a sort and sharp workout.

YOGA

This is all about flexibility, range of motion, posture, and control of breathing. A range of stretches and holds will enable the body and mind to align, allowing you to adapt and conform to a stronger, more flexible skeletal frame.

ZUMBA®

This easy to follow dance class combines a mixture of traditional Salsa, Samba and Meringue moves, choreographed to inspiring Latino style music. Let loose and party yourself into shape.

SPINNING

Indoor cycling, this class will get your heart racing and take you on a ride to help achieve your fitness goals. Energetic instructors will motivate you through a variety of terrains designed to burn calories in a super-fast time and leave you with an endorphin high.

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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