

Bootle Leisure Centre

activefitness

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

Timetables subject to change
Version 1. Commences on
16.09.2024

MONDAY

	TIME	ACTIVITY	LOCATION
V	07:30 - 8:00	Les Mills Sprint	Dance Studio
V	08:15 - 08:35	Les Mills Grit Cardio	Dance Studio
	10:00 - 11:00	Trim and Tone	Dance Studio
	11:15 - 12:15	Yoga Flow	Dance Studio
V	12:30 - 13:00	Les Mills Grit Cardio	Dance Studio
V	14:00 - 14:45	Les Mills Bodybalance Express	Dance Studio
	16:00 - 16:30	Youth Circuits (Y)	Dance Studio
	18:00 - 19:00	Les Mills Bodypump	Dance Studio
	19:00 - 20:00	Les Mills Bodycombat	Dance Studio
V	20.15 - 20.45	Les Mills Core	Dance Studio

THURSDAY

	TIME	ACTIVITY	LOCATION
V	07:15 - 08:05	Les Mills RPM	Dance Studio
	07:30 - 08:00	Synrgy	Fitness Suite
V	08:15 - 08:35	Les Mills Core	Dance Studio
	09:30 - 10:15	Trim and Tone	Dance Studio
V	11:15 - 11:45	Les Mills Core	Dance Studio
V	12:30 - 13:30	Les Mills Body Combat	Dance Studio
V	17:00 - 17:45	Les Mills Bodypump	Dance Studio
	18 :00 - 18:45	Les Mills Body Combat	Dance Studio
	18:50 - 19:35	Les Mills Body Balance	Dance Studio
V	20.15-20.45	Les Mills Sprint	Dance Studio

TUESDAY

	TIME	ACTIVITY	LOCATION
V	07:15 - 08:05	Les Mills RPM	Dance Studio
V	08:15 - 08:35	Les Mills Grit Strength	Dance Studio
	10:00 - 11:00	Step	Dance Studio
	11:15 - 11:45	Total Body Conditioning	Dance Studio
	12:15 - 12:45	Synrgy	Fitness Suite
V	14:00 - 14:30	Les Mills Core	Dance Studio
	15:00 - 16:00	Relaxation (Relax and Revive)	Dance Studio
V	17.00 - 17.45	Les Mills Bodycombat	Dance Studio
	18.00 - 19.00	Total Body Conditioning	Dance Studio
	19.00 - 20:00	NEW Spin	Dance Studio
V	20.15 - 20.45	Les Mills Core	Dance Studio

FRIDAY

	TIME	ACTIVITY	LOCATION
V	07:15 - 08:05	Les Mills RPM	Dance Studio
V	08:15 - 08:35	Les Mills Grit Strength	Dance Studio
	10:00 - 11:00	Trim and Tone	Dance Studio
V	12:30 - 13:20	Les Mills RPM	Dance Studio
V	14:00 - 14:30	Les Mills Core	Dance Studio
V	16:00 - 17:00	Les Mills Bodypump	Dance Studio

SATURDAY

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

WEDNESDAY

	TIME	ACTIVITY	LOCATION
V	07:15 - 08:05	Les Mills RPM	Dance Studio
V	08:15 - 08:35	Les Mills The TRIP	Dance Studio
	10:00 - 11:00	Circuits	Dance Studio
V	11:15 - 11:45	Les Mills Grit Strength	Dance Studio
V	12:30 - 13:20	Les Mills RPM	Dance Studio
V	14:00 - 14:45	Les Mills Bodybalance Express	Dance Studio
V	16:00 - 16:30	Les Mills Sprint	Dance Studio
V	17:00 - 17:45	Les Mills Bodycombat	Dance Studio
	18:00 - 19:00	Total Body Conditioning	Dance Studio
	19:00 - 19:30	Yoga	Dance Studio
V	19:45 - 20:30	Les Mills Bodybalance	Dance Studio

SUNDAY

	TIME	ACTIVITY	LOCATION
V	10:00 - 10:50	Les Mills RPM	Dance Studio
V	11:00 - 11:30	Les Mills The TRIP	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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Sefton Council