

MONDAY

	TIME	ACTIVITY	LOCATION
V	06:45-07:15	Les Mills Sprint	Cycle Studio
V	06:45-07:30	Les Mills Bodypump	Studio 1
V	07:45-08:30	Les Mills Bodycombat	Studio 1
	08:15-08:45	Les Mills Sprint	Cycle Studio
	09:15-10:15	Les Mills Bodypump	Studio 1
	11:00-12:00	Yoga	Studio 1
	11:30-12:15	Spinning	Cycle Studio
	12:15-13:00	Aqua Aerobics	Pool
V	12:30-13:30	Les Mills Bodypump	Studio 1
	14:00-15:00	Pilates	Studio 1
V	16:00-16:45	Les Mills Bodycombat (Y)	Studio 1
V	16:00-16:45	Les Mills RPM (Y)	Cycle Studio
	17:00-18:00	Zumba®	Studio 1
	18:15-19:00	Cardio Kick	Studio 1
	19:00-19:30	Les Mills GRIT	Studio 1
	19:15-19:45	Les Mills Sprint	Cycle Studio

TUESDAY

	TIME	ACTIVITY	LOCATION
V	06:45-07:30	Les Mills RPM	Cycle Studio
V	06:45-07:30	Les Mills Bodycombat	Studio 1
V	07:45-08:15	Les Mills Core	Studio 1
	08:00-08:30	Les Mills Sprint	Cycle Studio
	09:15-10:15	Les Mills Bodypump	Studio 1
	10:30-11:00	Les Mills Core	Studio 1
	11:15-12:15	Zumba®	Studio 1
V	12:15-13:00	Les Mills RPM	Cycle Studio
V	12:30-13:30	Les Mills Bodycombat	Studio 1
V	16:00-16:45	Les Mills Sh'Bam (Y)	Studio 1
V	16:00-16:45	Les Mills The Trip (Y)	Cycle Studio
	17:30-18:15	Booty Build	Studio 1
	18:15-19:00	Legs Bums Tums	Studio 1
	19:00-19:30	Les Mills Sprint	Cycle Studio
	19:30-20:00	HIIT	Studio 1
	20:00-21:00	Pilates	Studio 1
	20:00-20:45	Aqua Aerobics	Pool
V	20:15-21:00	Les Mills RPM	Cycle Studio

WEDNESDAY

	TIME	ACTIVITY	LOCATION
V	06:45-07:15	Les Mills Sprint	Virtual
V	06:45-07:30	Les Mills Bodycombat	Studio 1
V	07:45-08:30	Les Mills The Trip	Virtual
	08:00-09:00	Les Mills Bodypump	Studio 1
	09:15-10:00	Spinning	Cycle Studio
	10:15-10:45	Les Mills Core	Studio 1
	11:00-11:45	Legs Bums Tums	Studio 1
	11:45-12:30	Total Tone	Studio 1
V	12:15-13:00	Les Mills RPM	Virtual
V	16:00-16:45	Les Mills Bodycombat (Y)	Studio 1
V	16:00-16:45	Les Mills RPM (Y)	Virtual
	17:15-17:45	Les Mills Sprint	Cycle Studio
	18:00-18:30	Les Mills GRIT	Studio 1
	18:45-19:45	Les Mills Bodypump	Studio 1
V	20:00-20:45	Les Mills RPM	Virtual
	20:00-21:00	Yoga	Studio 1

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

THURSDAY

	TIME	ACTIVITY	LOCATION
V	06:45-07:30	Les Mills RPM	Cycle Studio
V	06:45-07:30	Les Mills Sh'Bam	Studio 1
V	07:45-08:30	Les Mills The Trip	Cycle Studio
V	08:00-08:45	Les Mills Bodycombat	Studio 1
	09:15-10:15	Les Mills Bodypump	Studio 1
	10:30-11:15	Spinning	Cycle Studio
	10:30-11:30	Pilates	Studio 1
	11:30-12:30	Zumba®	Studio 1
V	12:15-13:00	Les Mills The Trip	Cycle Studio
	12:15-13:00	Aqua Aerobics	Pool
V	16:00-16:45	Les Mills The Trip (Y)	Cycle Studio
	16:00-16:45	Total Tone (Y)	Studio 1
	17:45-18:15	Les Mills Sprint	Cycle Studio
	18:15-19:00	Boxer Circuit	Studio 1
	19:00-19:30	Les Mills GRIT	Studio 1
V	19:00-19:45	Les Mills RPM	Cycle Studio

FRIDAY

	TIME	ACTIVITY	LOCATION
V	06:45-07:30	Les Mills RPM	Cycle Studio
V	06:45-07:30	Les Mills Bodypump	Studio 1
V	07:45-08:15	Les Mills Sprint	Cycle Studio
V	08:00-08:45	Les Mills Bodycombat	Studio 1
	09:15-10:00	Total Tone	Studio 1
	10:00-10:30	Les Mills Sprint	Cycle Studio
	10:00-11:00	Zumba®	Studio 1
	11:15-12:15	Tai Chi	Studio 1
V	12:15-13:00	Les Mills The Trip	Cycle Studio
	12:15-13:15	Tai Chi	Studio 1
V	16:00-16:45	Les Mills RPM (Y)	Cycle Studio
V	16:00-16:45	Les Mills Bodycombat (Y)	Studio 1
	17:00-18:00	Pilates	Studio 1
	17:30-18:00	Les Mills Sprint	Cycle Studio
	18:15-19:15	Les Mills Bodypump	Studio 1
V	19:15-20:00	Les Mills RPM	Cycle Studio
	19:30-20:00	Les Mills Core	Studio 1

SATURDAY

	TIME	ACTIVITY	LOCATION
	08:30-09:00	Les Mills GRIT	Studio 1
	09:15-09:45	Les Mills Sprint	Cycle Studio
V	10:15-11:00	Les Mills RPM (Y)	Cycle Studio
	10:15-11:15	Tai Chi	Studio 1
V	11:30-12:15	Les Mills The Trip (Y)	Cycle Studio
V	11:30-12:30	Les Mills Bodypump	Studio 1
V	12:45-13:45	Les Mills Bodycombat (Y)	Studio 1
V	13:00-13:30	Les Mills Sprint (Y)	Cycle Studio
V	14:00-14:45	Les Mills RPM (Y)	Cycle Studio
V	14:00-15:00	Les Mills Bodybalance (Y)	Studio 1

SUNDAY

	TIME	ACTIVITY	LOCATION
V	09:00-09:45	Les Mills Bodycombat (Y)	Studio 1
V	09:15-09:45	Les Mills Sprint (Y)	Cycle Studio
	10:00-11:00	Les Mills Bodypump	Studio 1
V	11:15-12:00	Les Mills RPM (Y)	Cycle Studio
V	11:30-12:30	Les Mills Sh'Bam (Y)	Studio 1
V	12:30-13:15	Les Mills The Trip (Y)	Cycle Studio
V	12:45-13:15	Les Mills Core (Y)	Studio 1
V	13:30-14:30	Les Mills Bodycombat (Y)	Studio 1
V	14:00-14:45	Les Mills RPM (Y)	Cycle Studio

Meadows Leisure Centre

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Class Timetable

Classes available from 17.01.22

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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 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 BODYCOMBAT

The high-energy, martial arts-inspired, non-contact workout. Punch, kick and strike your way to fitness.

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 SH'BAM

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

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 CORE

Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance building strength, stability and endurance in the muscles that support your core.

LES MILLS GRIT

Get ready to add H.I.I.T workouts to your life with LES MILLS GRIT™ workouts and take your fitness to the next level. You'll be addicted to the results. These H.I.I.T workouts build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn.

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.

AQUA

As well as providing an alternative exercise environment, working in the water adds support to your body to reduce the risk of strain and injury, and has less impact on joints, helping you to tone and shape whilst increasing your range of motion.

BOXER CIRCUIT

This circuit style class aims to improve your shape and stamina by combining boxing pad work and fitness conditioning exercises

CARDIO KICK

Combining a variety of kicks and punches with motivating music and inspiring instructors, this class is an immense way of burning calories fast. 'Fight' your way into better fitness and leaner muscles.

H.I.I.T

The fastest way to get fit and into shape. Short, sharp bursts of effort allow you to reach maximum training zones which is the secret to improved athletic performance.

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.

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.

TAI CHI

Tai Chi is the balance between movement, thought and breathing. This is a positive interaction that realigns your body's senses and harmonises the thought process, leaving you with a more connected body structure and a sense of well-being.

TOTAL TONE

A full body toning class using a variety of exercises and techniques to focus on hard to reach areas

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.

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.activeseftonfitness.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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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