

CLASS TIMETABLE

Timetables subject to change. Version 1. Commences on **02.08.21**

MEADOWS LEISURE CENTRE
0151 288 6727



MONDAY

	TIME	ACTIVITY	LOCATION
	08:15-08:45	Les Mills Sprint	Studio 1
	09:15-10:00	Les Mills Bodypump	Studio 1
	10:30-11:15	Yoga	Studio 1
	11:30-12:15	Spin	Studio 1
	12:15-13:00	Aqua	Pool
V	12:45-13:30	Les Mills Bodypump	Studio 1
	14:00-15:00	Pilates	Studio 1
	17:00-17:45	Zumba®	Studio 1
	18:15-19:00	Cardio Kick	Studio 1
	19:15-19:45	Les Mills GRIT	Studio 1
	20:00-20:30	Les Mills Sprint	Studio 1

TUESDAY

	TIME	ACTIVITY	LOCATION
	08:00-08:30	Les Mills Sprint	Studio 1
	09:15-10:00	Les Mills Bodypump	Studio 1
	10:30-11:00	Les Mills Core	Studio 1
	11:15-12:00	Zumba®	Studio 1
V	13:00-13:45	Les Mills Bodycombat	Studio 1
	17:00-17:45	Booty Build	Studio 1
	18:15-19:00	Legs, Bums & Tums	Studio 1
	19:30-20:15	H.I.I.T	Studio 1
	20.00-20.45	Aqua	Pool

WEDNESDAY

	TIME	ACTIVITY	LOCATION
	08:00-08:45	Les Mills Bodypump	Studio 1
	09:15-10:00	Spin	Studio 1
	10:30-11:00	Les Mills Core	Studio 1
	11:15-12:00	Legs, Bums & Tums	Studio 1
V	13:00-13:45	Les Mills RPM	Studio 1
	17:00-17:30	Les Mills Sprint	Studio 1
	18:00-18:30	Les Mills GRIT	Studio 1
	19:00-20:00	Les Mills Bodypump	Studio 1
	20:15-21:15	Yoga	Studio 1

THURSDAY

	TIME	ACTIVITY	LOCATION
	08:00-08:45	Les Mills Bodypump	Studio 1
	09:15-10:00	Spin	Studio 1
	10:30-11:15	Pilates	Studio 1
	12:15-13:00	Aqua	Pool
V	13:00-13:45	Les Mills The Trip	Studio 1
	17:00-17:45	Circuits	Studio 1
	18:15-18:45	Les Mills Sprint	Studio 1
	19:15-19:45	Les Mills GRIT	Studio 1

FRIDAY

	TIME	ACTIVITY	LOCATION
	08:00-08:45	H.I.I.T	Studio 1
	09:00-09:45	Spin	Studio 1
	10:00-10:45	Zumba®	Studio 1
	11:00-12:00	Tai Chi	Studio 1
	12:15-13:15	Tai Chi	Studio 1
V	13:00-13:45	Les Mills Bodycombat	Studio 1
	17:00-17:30	Les Mills Core	Studio 1
	18:00-19:00	Les Mills Bodypump	Studio 1
	19:30-20:00	Les Mills Sprint	Studio 1

SATURDAY

	TIME	ACTIVITY	LOCATION
	08:30-09:00	Les Mills GRIT	Studio 1
	09:15-09:45	Les Mills Sprint	Studio 1
	10:00-11:00	Tai Chi	Studio 1
V	11:30-12:15	Les Mills Bodypump	Studio 1
V	12:45-13:30	Les Mills Bodycombat	Studio 1

SUNDAY

	TIME	ACTIVITY	LOCATION
V	09:00-09:45	Les Mills Bodycombat	Studio 1
	10:00-11:00	Les Mills Bodypump	Studio 1
V	11:30-12:15	Les Mills RPM	Studio 1
V	12:45-13:45	Les Mills The Trip	Studio 1

V **LesMills Virtual Classes** All virtual classes are unmanned Virtually instructed sessions, booking for these classes is online or through reception 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 on all classes. Classes can be booked online or via reception up to seven days in advance. Classes may change. (Y) = Youth Applicable

Please ask at reception for more details or call us on 0151 288 6727 or visit www.activeseftonfitness.co.uk

Class Timetable

Classes available from 02.08.21



MORE THAN

ACTIVATE
FITNESS

JUST A GYM

KEEP IN TOUCH, KEEP ACTIVE.

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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 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 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 RPM

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

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 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.

BOOTY BUILD

Utilising resistance bands and barbells, this lower body exercise class focuses on hard to reach areas, using isolated toning and strengthening exercises to create leaner muscles and elevated self-confidence.

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.

CIRCUITS

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

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.

SPIN

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.

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 chosen activities by contacting your chosen Leisure Centre by phone.

one membership. six locations.

| BOOTLE LEISURE CENTRE

| CROSBY LAKESIDE ADVENTURE

| DUNES SPLASH WORLD

| LITHERLAND SPORTS PARK

| MEADOWS

| NETHERTON ACTIVITY CENTRE

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Sefton Council

