

# Sefton Class Timetable

Last updated: November 2024

Please note that weekly class timetables are subject to change.

*totalfitness*

## Monday 6:00 - 22:00

06:30-07:15	Bootcamp	Anna	Upper Gym
09:30-10:15	Zumba	Instructor	Studio 1
09:30-10:15	Aqua	Laila	Small Pool
09:30-10:15	Bootcamp	Elaine	Studio 2
10:30-11:15	Aqua	Laila	Small Pool
10:30-11:15	Spin	Anthony	Spin Studio
10:30-11:30	Yoga	Beverley	Mind & Body
17:45-18:45	Fit Kids 4-10Yrs	Janette	Mind & Body
18:00-18:45	Rig	Kerris	Upper Gym
19:00-19:45	Boxing Circuit	Alex	Studio 2
19:00-19:45	Pilates	Elaine	Mind & Body

## Wednesday 6:00 - 22:00

6:30-7:15	H.I.I.T	Anna	Upper Gym
9:30-10:15	Aqua	Laila	Small Pool
9:30-10:15	Total Tone	Elaine	Studio 2
10:30-11:15	Aqua	Laila	Small Pool
10:30-11:15	Spin	Elaine	Spin Studio
10:30-11:30	Yoga	Lyn	Mind & Body
10:30-11:15	Zumba	Claire	Studio 1
17:45-18:45	Fit Kids Class 4-7Yrs	Janette	Mind & Body
18:00-18:45	Les Mills Body Combat	Kirsty	Studio 2
18:00-18:45	Rig	Sophie	Upper Gym
19:00-19:45	Les Mills Body Pump	Kirsty	Studio 2
19:00-20:00	Pilates	Colin	Mind & Body

## Friday 6:00 - 21:00

06:30-07:15	Bootcamp	Anna	Upper Gym
08:30-09:30	Yin Yoga	Lyn	Mind & Body
09:30-10:15	Aqua	Klaudia	Small Pool
09:30-10:15	L.B.T	Laila	Studio 1
09:30-10:15	Bootcamp	Elaine	Studio 2
10:30-11:15	Aqua	Klaudia	Small Pool
10:30-11:15	Spin	Elaine	Spin Studio

## Tuesday 6:00 - 22:00

6:30-7:15	Strength & Conditioning	Reece	Upper Gym
09:30-10:15	Aqua	Klaudia	Small Pool
09:30-10:15	Spin	Elaine	Spin Studio
09:30-10:15	Les Mill Body Combat	Theo	Studio 2
10:30-11:15	Aqua	Klaudia	Small Pool
10:30-11:15	Body Tone	Theo	Studio 2
10:30-11:30	Pilates	Elaine	Mind & Body
18:00-18:45	Aqua	Phil	Small Pool
18:00-18:45	Spin	Kirsty	Spin Studio
18:00-18:45	Kettlebell	Kerris	Studio 2
19:00-19:45	Les Mills Body Pump	Kirsty	Studio 2

## Thursday 6:00 - 22:00

8:30-09:30	Yin Yoga	Linda	Mind & Body
09:30-10:15	Rig	Anna	Upper Gym
9:30-10:15	Aqua	Laila	Small Pool
10:00-11:00	Pilates	Colin	Mind & Body
10:30-11:15	Aqua	Laila	Small Pool
10:30-11:15	Aerobics	Tina	Studio 2
18:00-18:45	Spin	Kerris	Spin Studio
18:00-18:45	Body Tone	Theo	Studio 2

## Saturday 8:00 - 19:00

09:30-10:15	Spin	Kerris	Spin Studio
09:30-10:15	Les Mills Body Combat	Kirsty	Studio 2
10:30-11:30	Yoga	Linda	Mind & Body
10:30-11:15	Les Mills Body Pump	Kirsty	Studio 2

## Sunday 8:00 - 19:00

09:30-10:15	Spin	Kirsty	Spin Studio
09:30-10:30	Kettlebell	Kerris	Studio 2
10:30-11:15	Les Mills Body Pump	Kirsty	Studio 2
10:30-11:30	Pilates	Linda	Mind & Body