

Sefton class timetable

Last updated: June
Please note that weekly class timetables are subject to change
Please book your place through the app

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:30 - 07:15 Bootcamp Anna - Upper Gym	06:30 - 07:15 Strength & Conditioning Reece - Upper Gym	06:30 - 07:15 Functional Fitness Anna - Upper Gym	09:30 - 10:15 Rig Anna - Lower Gym	06:30 - 07:15 Strength & Conditioning Anna - Upper Gym	09:30 - 10:15 Spin Kerris - Spin Studio
09:30 - 10:15 Aqua Laila - Small Pool	09:30 - 10:15 Aqua Klaudia - Small Pool	09:30 - 10:15 Aqua Laila - Small Pool	09:30 - 10:15 Aqua Laila - Small Pool	08:30 - 09:30 Yoga: Yin Lyn - Mind & Body	09:30 - 10:15 Les Mills Body Combat Kirsty - Studio 2
09:30 - 10:15 Bootcamp Elaine - Studio 2	09:30 - 10:15 Spin Elaine - Spin Studio	09:30 - 10:15 Total Tone Elaine - Studio 2	10:00 - 11:00 Pilates Colin - Mind & Body	08:30 - 09:15 L.B.T Laila - Studio 2	10:30 - 11:30 Yoga Linda - Mind & Body
10:30 - 11:15 Aqua Laila - Small Pool	09:30 - 10:15 Les Mills Body Combat Theo - Studio 2	10:30 - 11:15 Aqua Laila - Small Pool	10:30 - 11:15 Aqua Laila - Small Pool	09:30 - 10:15 Aqua Klaudia - Small Pool	10:30 - 11:15 Les Mills Body Pump Kirsty - Studio 2
10:30 - 11:15 Spin Anthony - Spin Studio	10:30 - 11:15 Aqua Klaudia - Small Pool	10:30 - 11:15 Spin Elaine - Spin Studio	10:30 - 11:15 Zumba Claire - Studio 2	09:30 - 10:15 Bootcamp Elaine - Studio 2	Sunday
10:30 - 11:15 Yoga Beverly - Mind & Body	10:30 - 11:30 Pilates Elaine - Studio 2	10:30 - 11:30 Yoga Lyn - Mind & Body	11:15 - 12:15 Meditation Nat - Mind & Body	10:30 - 11:15 Aqua Klaudia - Small Pool	
16:45 - 17:45 Fit Kids 4-10yrs Janette - Mind & Body	18:00 - 18:45 Aqua Phil - Small Pool	10:30 - 11:15 Zumba Claire - Studio 2	18:00 - 19:00 Yoga Kate - Mind & Body	10:30 - 11:15 Spin Elaine - Spin Studio	
18:00 - 18:45 Les Mills Body Pump Kirsty - Studio 2	18:00 - 18:45 Spin Kirsty - Spin Studio	16:45 - 17:45 Fit Kids 4-10Yrs Janette - Studio 2	18:00 - 18:45 Spin Kerris - Spin Studio	10:30 - 11:30 Pilates Colin - Mind & Body	
18:00 - 18:45 Spin Elaine - Spin Studio	18:00 - 18:45 Kettlebell Kerris - Studio 2	18:00 - 18:45 Meditation Nat - Mind & Body	18:00 - 18:45 Body Tone Theo - Studio 2		
18:00 - 18:45 Rig Kerris - Upper Gym	19:00 - 19:45 Les Mills Body Pump Kirsty - Studio 2	18:00 - 18:45 Les Mills Body Combat Kirsty - Studio 2	19:00 - 19:45 Strength & Conditioning Aidan - Upper Gym		09:30 - 10:15 Spin Kirsty - Spin Studio
19:00 - 19:45 Boxing Circuit Alex - Studio 2	19:00 - 20:00 Yoga Colin - Mind & Body	18:00 - 18:45 Rig Sophie - Upper Gym			09:30 - 10:30 Kettlebell Kerris - Studio 2
19:00 - 19:45 Pilates Elaine - Mind & Body		19:00 - 19:30 Spin Kirsty - Spin Studio			10:30 - 11:15 Les Mills Body Pump Kirsty - Studio 2
		19:00 - 20:00 Pilates Colin - Mind & Body			10:30 - 11:30 Pilates Linda - Mind & Body