

# LJMU Sports Centre Fitness Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga</b> 7.30am Lydia	<b>Power Yoga</b> 7.30am Donna	<b>Pilates</b> 7.30am Sarah	<b>Yoga</b> 7.30am Donna	<b>Yoga</b> 7.30am Donna	<b>Studio Cycle</b> 10:00am Nicole	<b>Studio Cycle</b> 9.30am Helen
<b>Spin &amp; Abs,</b> 7.45am Rita	<b>Body Blast</b> 7.45am Lucy	<b>Spin &amp; Abs</b> 7.45am Helen H	<b>Boxing Fit</b> 7.45am Leighton	<b>Studio Cycle</b> 7.45am Lucy	<b>LBT</b> 11.15am Nicole	<b>Yoga</b> 10.30am Maxine
<b>Studio Cycle</b> 12.15pm Nicole	<b>Boxing Fit</b> 2.15pm Leighton	Virtual Classes! 8am – 2pm	<b>Kettle Bell</b> 12.30pm Leighton	<b>Pilates</b> 12.30pm Sarah		<b>S&amp;C Sundays</b> 10.30am Helen
<b>LBT</b> 1.15pm Nicole	<b>Meta Power</b> 1.15pm Leighton	<b>Kettle Bells</b> 5.15pm Leighton	<b>Spin &amp; Abs</b> 5.15pm Lucy	<b>Studio Cycle</b> 12.15pm Nicole		<b>Studio Cycle</b> 12.00pm Helen
<b>Studio Cycle</b> 6.30pm Steve	<b>Spin &amp; Abs</b> 5.15pm Rita	<b>Salsa</b> 7.30pm Helen Mc	<b>Box Fit</b> 6.30pm Lucy	<b>Zumba</b> 1.15pm Nicole		
<b>Pilates</b> 7.00pm Maxime	<b>Box Fit</b> 5.30pm Rita		<b>Meta Fit</b> 5.15pm Leighton	<b>Kettle Bells</b> 4.30pm Leighton		
<b>Virtual Spin</b> 9.00pm	<b>Virtual Spin</b> 9.00pm					