

Aintree Liverpool Timetable

MONDAY Club opens 06.30 Closes 22.00

TIME	CLASS	LEVEL	STUDIO
09.30 - 10.15	Zumba	All	Studio 2
09.15 - 10.00	Total Chi Young	All	Studio 1
09.45 - 10.45	Aqua Natal	Spec	Small Pool
10.00 - 10.45	Nifty Fifties Circuit	All	Studio 1
10.15 - 11.00	Total Tone	All	Studio 2
11.00 - 12.00	Belly Dancing	All	Studio 2
11.00 - 11.45†	Total Aqua	All	Small Pool
11.15 - 12.00	Total Aerobics	All	Studio 1
12.00 - 13.00	Line Dancing	All	Studio 2
13.15 - 14.00†	Total Aqua	All	Small Pool
16.45 - 17.45	Splash	age 4-12	Small Pool
17.45 - 18.45	Power Pilates	All	M&B
18.00 - 19.00	Boxercise	Adv	Studio 2
18.00 - 19.00	Spin & Abs	Int	Spin Studio
18.00 - 19.00	Zumba	All	Studio 1
18.15 - 19.00	Aqua Blast	All	Small Pool
19.00 - 20.00	Total Tone	All	Studio 1

TUESDAY Club opens 06.30 Closes 22.00

TIME	CLASS	LEVEL	STUDIO
09.15 - 10.15	Power Pilates	All	M&B
09.30 - 10.30*	Body Combat	All	Studio 1
09.30 - 11.30*	Holiday Zone**	age 4-12	Studio 2 £
09.45 - 10.30†	Zumba Aqua	All	Small Pool
10.15 - 11.00	Total Spin	Adv	Spin Studio
10.15 - 11.15	Hatha Yoga	All	M&B
10.30 - 11.30	Step Aerobics	All	Studio 2
17.00 - 18.00	Games zone	age 4-12	Studio 2
17.30 - 18.30	Splash	age 4-12	Small Pool
17.30 - 18.30	Hasha Karate	All	Studio 1
18.00 - 18.45	Total Tone	All	Studio 2
18.15 - 19.15	Spin Extreme	Adv	Spin Studio
18.30 - 19.15†	Total Aqua	All	Small Pool
18.45 - 19.30	Total Step	All	Studio 1
19.00 - 20.00	Yogalates	All	Mind & Body
19.30 - 20.15	Aerobics & Tone	All	Studio 1

WEDNESDAY Club opens 06.30 Closes 22.00

TIME	CLASS	LEVEL	STUDIO
09.30 - 10.15†	Total Aqua	All	Small Pool
09.30 - 10.15*	Bootcamp	All	Studio 2
09.30 - 11.30*	Holiday Zone**	age 4-12	Studio 1 £
10.00 - 10.45	Nifty Fifties	All	Studio 1
10.15 - 11.00	Total Tone	All	Studio 2
11.00 - 12.00	Hatha Yoga	All	M&B
11.15 - 12.00	Zumba	All	Studio 1
12.00 - 13.00	Chi Energy Ball	All	Studio 2
13.00 - 14.00	Line Dancing	All	Studio 2
17.00 - 18.00	Sports Zone	age 4-12	Studio 2
18.00 - 19.00	Boxercise	Adv	Studio 2
18.00 - 19.00	Low Impact Aerobics & Tone	All	Studio 1
18.15 - 19.30	Spin & Abs	Adv	Spin Studio
19.00 - 20.00	Body Combat	All	Studio 1

THURSDAY Club opens 06.30 Closes 22.00

TIME	CLASS	LEVEL	STUDIO
09.30 - 10.15	Total Step	All	Studio 2
10.15 - 11.00	Total Tone	All	Studio 1
10.15 - 11.15	Pilates	All	M&B
11.30 - 12.15†	Total Aqua	All	Small Pool
10.15 - 11.00	Total Spin	Adv	Spin Studio
17.00 - 18.00*	Sports Zone	age 4-12	M&B
17.15 - 18.00*	Bootcamp	All	Studio 1
18.00 - 19.00	Boxercise	Adv	Studio 2
18.00 - 19.00	Splash	age 4-12	Small Pool
18.00 - 19.00	Zumba	All	Studio 1
18.00 - 18.45	Total Spin	Adv	Spin Studio
19.00 - 20.00	Belly Dancing	All	Studio 1
19.00 - 20.00†	Total Aqua	All	Small Pool
19.00 - 20.00	Core Stability - Yoga	All	M&B

FRIDAY Club opens 06.30 Closes 21.00

TIME	CLASS	LEVEL	STUDIO
09.30 - 10.15	Step and Tone	All	Studio 2
09.30 - 11.30	Holiday Zone**	age 4-12	Studio 1 £
10.00 - 10.45	Nifty Fifties Circuit	All	Studio 1
10.00 - 10.45†	Total Aqua	All	Small Pool
10.15 - 11.00	Total Tone	All	Studio 2
11.00 - 11.45	Nifty Fifties Aerobics	All	Studio 1
11.00 - 11.45	Begin to Spin	All	Spin Studio
11.00 - 11.45	Pilates	All	M&B
11.00 - 12.00	Zumba	All	Studio 2
12.00 - 12.45	Salsa Aerobics	All	Studio 2
17.30 - 18.30	Spin Extreme	Adv	Spin Studio
18.30 - 19.30	Military Circuit	All	Studio 1

SATURDAY Club opens 08.00 Closes 19.00

TIME	CLASS	LEVEL	STUDIO
10.00 - 11.00	Spin	All	Spin Studio
10.00 - 11.00	Body Combat	All	Studio 2
10.45 - 11.00	Pump Technique	All	Studio 1
11.00 - 12.00*	Teen Zone	Teens	Studio 2
11.00 - 12.00*	Body Pump	All	Studio 1
11.00 - 12.00*	Hasha Karate	All	Studio 1
12.00 - 13.00	Splash	age 4-12	Small Pool

SUNDAY Club opens 08.00 Closes 19.00

TIME	CLASS	LEVEL	STUDIO
10.00 - 10.45	Kick Aerobics	All	Studio 1
10.00 - 11.00	Splash	age 4-12	Small Pool
10.45 - 11.30	Total Tone	All	Studio 1
11.45 - 12.30	Total Spin	Beg	Spin Studio

Please note opening times and classes will vary during seasonal and bank holidays. Please check with the club first.

KEY

£ Additional charge please see reception

* These are times when both an adult and child's class coincides. Please sign your children in and out of the classes. Please ask at reception for more details on swimming lessons for 0-3 and 4+ year olds.

† Please sign in 1 hour before class is due to start at reception for these classes.

** Holiday Zone - Only takes place during school holidays

Text in red - Studio classes suitable for children please check ages allowed in class.

PLEASE NOTE: Childrens classes require a minimum of 2 attendees to take place.

Text in blue - Classes in the pool. The pool indicated MAY be unavailable or sectioned off at these times.

Private Party - Book a private party for your children and guests. Either pool or studio. See reception for details. Small pool MAY be unavailable at this time.

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