

# Netherton Activity Centre

Timetables subject to change Commences on 17.02.25

## Opening Times:

Mon&Fri: 7.00am - 10.00pm  
Tues/Wed/Thurs: 9.00am - 10.00pm  
Sat-Sun: 9.00am - 4.00pm

## MONDAY

	TIME	ACTIVITY	LOCATION
	09:15-10:00	Spinning	Studio
	09:15-10:00	Body Sculpt	Sports Hall
	09:30-10:00	Synergy	Fitness Suite
	10:15-11:00	Pilates	Studio
	11:30-12:30	50+ Keep Fit	Studio
V	14:00-15:00	Les Mills Body Combat	Studio
	18:00-19:00	Total Conditioning	Studio
	18:30-19:00	<b>NEW!</b> Synergy	Fitness Suite
	19:00-19:45	Spinning	Studio
V	20:00-21:00	Les Mills Body Balance	Studio

## TUESDAY

	TIME	ACTIVITY	LOCATION
	09:15-10:15	Les Mills Body Combat	Studio
	09:30-10:00	Synergy	Fitness Suite
	10:30-11:30	Yoga	Studio
	12:00-12:30	Chairbased Exercise	Studio
V	13:00-13:45	Les Mills SH-Bam	Studio
V	14:00-14:30	Les Mills RPM	Studio
	17:45-18:30	Legs Bums and Tums	Studio

## WEDNESDAY

	TIME	ACTIVITY	LOCATION
	09:30-10:30	Les Mills Body Pump	Studio
	09:30-10:00	Synergy	Fitness Suite
	10:45-11:30	Spinning	Studio
	18:15-19:15	Total Conditioning	Studio
	18:30-19:00	<b>NEW!</b> Synergy	Fitness Suite
	19:15-20:00	Step	Studio
V	20:15-21:15	Les Mills On Demand	Studio

V

**LesMills Virtual Classes** All virtual classes are unmanned virtually instructed sessions. booking for these classes is 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 for all classes. Classes can be booked up to seven days in advance. Classes may change. (Y) = Youth Applicable

## THURSDAY

	TIME	ACTIVITY	LOCATION
	09:30-10:30	Total Conditioning	Studio
	09:30-10:00	Synergy	Fitness Suite
	10:30-11:30	Pilates	Studio
	12:00-12:30	Chair Based Exercise	Studio
	18:00-18:45	<b>NEW!</b> Strength & Conditioning	Studio
	19:15-20:15	Yoga	Studio

## FRIDAY

	TIME	ACTIVITY	LOCATION
	09:30-10:15	Spinning	Studio
	09:30-10:00	Synergy	Fitness Suite
	10:30-11:30	Zen Yoga	Studio
	11:30-12:30	Meditation	Studio
V	17:00-17:50	Les Mills RPM	Studio
	18:30 - 19:30	<b>NEW!</b> Circuit	Studio

## SATURDAY

	TIME	ACTIVITY	LOCATION
		No Classes	

## SUNDAY

	TIME	ACTIVITY	LOCATION
		No Classes	

Book online today at [www.activeseftonfitness.co.uk](http://www.activeseftonfitness.co.uk), at reception or call on

**0151 525 5106**

**activefitness**

MORE THAN JUST A GYM

One membership. **Six locations.**

**Bootle** Leisure Centre  
**Crosby** Lakeside  
**Dunes** Splash World

**Litherland** Sports Park  
**Meadows** Leisure Centre  
**Netherton** Activity Centre

**active sefton**

Sefton Council 