

# Bootle Leisure Centre

Timetables subject to change Commences on 07.10.24

## Opening Times:

Mon-Fri: 7.00am - 9.30pm\*  
Sat-Sun: 9.00am - 4.00pm\*\*

\*Last admission to the fitness suite 8:30pm  
\*\*Last admission to the fitness suite 3:30pm, pool closes at 3:30pm

## MONDAY

	TIME	ACTIVITY	LOCATION
	07:30 - 8:00	Synergy	Fitness Suite
V	08:00 - 8:45	Les Mills The TRIP	Dance Studio
	10:00 - 11:00	Total Tone	Dance Studio
	11:15 - 12:00	Kettlebell	Dance Studio
V	13:00 - 16:00	Les Mills On Demand	Dance Studio
	18:00 - 18:45	Les Mills Bodycombat	Dance Studio
	19:00 - 19:45	Les Mills Bodypump	Dance Studio
V	20:00 - 20:30	Les Mills Core	Dance Studio

## THURSDAY

	TIME	ACTIVITY	LOCATION
	07:30 - 08:00	Synergy	Fitness Suite
V	08:00 - 08:45	Les Mills The TRIP	Dance Studio
	09:30 - 10:15	Legs, Bums & Tums	Dance Studio
	10:30 - 11:15	Spinning	Dance Studio
V	13:00 - 16:00	Les Mills On Demand	Dance Studio
	18:00 - 18:45	Les Mills Body Combat	Dance Studio
	18:45 - 19:30	Les Mills Body Balance	Dance Studio
V	20:00 - 20:30	Les Mills Core	Dance Studio

## TUESDAY

	TIME	ACTIVITY	LOCATION
V	07:30 - 08:00	Les Mills RPM	Dance Studio
V	08:45-09:15	Les Mills Grit Strength	Dance Studio
	10:00 - 11:00	Step	Dance Studio
	11:00-11:45	Core	Dance Studio
V	13:00 - 14:30	Les Mills On Demand	Dance Studio
	15:00 - 16:00	Relaxation (Relax and Revive)	Dance Studio
	18:00 - 19:00	Total Body Conditioning	Dance Studio
	19:15 - 20:00	Spinning	Dance Studio
	19:15 - 20:00	Aqua Fit	Main Pool
V	20:00 - 20:30	Les Mills Core	Dance Studio

## FRIDAY

	TIME	ACTIVITY	LOCATION
	07:30 - 08:00	Synergy	Dance Studio
V	08:00 - 08:30	Les Mills Grit Strength	Dance Studio
	09:45 - 10:30	Spinning	Dance Studio
	10:45 - 11:15	Cardio Attack	Dance Studio
	11:15 - 11:45	Abs & Core	Dance Studio
V	13:00 - 16:00	Les Mills On Demand	Dance Studio
	16:30 - 17:00	Synergy (Y)	Fitness Suite

## WEDNESDAY

	TIME	ACTIVITY	LOCATION
V	07:30 - 8:00	Les Mills Sprint	Dance Studio
V	08:15 - 08:45	Les Mills GRIT Athletic	Dance Studio
	10:15 - 11:00	Total Tone	Dance Studio
	11:15 - 12:15	Circuit	Dance Studio
V	13:00 - 16:00	Les Mills On Demand	Dance Studio
	18:00 - 18:45	Total Body Conditioning	Dance Studio
	19:00 - 19:30	Yoga/Pilates	Dance Studio
V	20:00 - 20:30	Les Mills Core	Dance Studio

## SATURDAY

	TIME	ACTIVITY	LOCATION
	09:30 - 10:15	Les Mills Bodycombat	Dance Studio
	10:20 - 11:10	Total Body Conditioning	Dance Studio

## SUNDAY

	TIME	ACTIVITY	LOCATION
V	09:15 - 10:00	Les Mills The TRIP	Dance Studio
	10:00 - 10:30	Synergy	Fitness Suite
V	11:00 - 11:45	Les Mills Body Attack	Dance 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

**Book online today at [www.activeseftonfitness.co.uk](http://www.activeseftonfitness.co.uk), at reception or call on 0151 330 3301**