

FITNESS CLASSES

TIMETABLE



**HOPE PARK
SPORTS**
AT LIVERPOOL HOPE UNIVERSITY

	Monday	Tuesday	Wednesday	Thursday	Friday
08:00 – 08:30		Core Blimey Exercise Studio		Core Blimey Exercise Studio	
12:10 – 12:50	Zumba Exercise Studio	Group Cycle Exercise Studio	HYROX Exercise Studio	Flex Exercise Studio	Strength Circuit S&C Suite
13:10 – 13:50			Pilates Exercise Studio	TRX S&C Suite	

CLASS TYPE: **BODYWEIGHT & TONE** **RELAX & UNWIND** **CARDIO & SKILL BASED** **STRENGTH & POWER**

All fitness classes are free within your Sports Complex Membership. You must pre-book to reserve your space on a fitness class. You must also cancel your booking if you are unable to make the fitness class you've booked. Please register your attendance with a member of staff at the reception desk before the fitness class begins.