

GROUP FITNESS SCHEDULE | LIVERPOOL | 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycling 8:30 AM	Yoga 8 AM	Yoga 6 AM	Cycling 5:45 AM	Cardio Yoga 8 AM	Cycling 5:45 AM	Cycling 7:45 AM
Zumba 9:30 AM	The willPower Method® 9 AM	Yoga 8 AM	Vinyasa Power Yoga 8 AM	Cycling 9 AM	Yoga 8 AM	AQUAFIT 8 AM
	Cycling 9 AM	Cycling 9 AM	Cycling 9 AM	Group Active 9 AM	Group Power 9 AM	Zumba 8:30 AM
	AQUAFIT 9:15AM	Group Active 9AM	WATERinMOTION 9:15 AM	AQUAFIT 9:15 AM	Cycling 9 AM	Yoga 9 AM
	Boom! Muscle 10 AM	AQUAFIT 9:15 AM	Afterburn Bootcamp 10 AM	SilverSneakersSplash 10:30 AM	WATERinMOTION 9:15 AM	Cycling 9 AM
	Boom! Move It 10:30 AM	Group Groove 10 AM	Silver Sneakers Classic 11 AM	Silver Sneakers Classic 11 AM	Yoga 10 AM	Group Power 9:30 AM
	Silver Sneakers Classic 11 AM	AQUAFIT 10:30 AM	Turf Bootcamp 4:30 PM	Afterburn Bootcamp 4:30 PM		Afterburn Bootcamp 10:30 AM
	Kettlebell Bootcamp 4:30 PM	Silver Sneakers Classic 11 AM	Cycling 5:30 PM	Industrial Strength Bootcamp 5:30 PM		
	Group Power 5:30 PM	Hip Hop Bootcamp 4:30 PM	Group Power 5:30 PM	Yoga 6:30 PM		
	Cycling 5:30 PM	Cycling 5:30 PM	Group Centergy 6:30 PM			
	Group Centergy 6:30 PM	willPower 5:30 PM				
	Restorative Yoga 6:30 PM	Yoga 6:30 PM				