

MONDAY

TIME	CLASS	INSTRUCTOR
7:00-7:30am	CIRCUITS	Dave
10:00-10:30am	AQUA CLASS	Vicki
12:30-1:15pm	BOX4FITNESS	Barry
6:00-7:00pm	CIRCUITS	Lois

TUESDAY

TIME	CLASS	INSTRUCTOR
7:00-7:30am	CARDIO	Barry
12:30-1:15pm	PUMP 45	Barry
5:30-6:15pm	HIIT	Mark
6:20-7.00pm	CIRCUITS	Mark

WEDNESDAY

TIME	CLASS	INSTRUCTOR
7:00-7:30am	ABS	Dave
12:00-12:45pm	CIRCUITS	Mark
5:45-6:15pm	HIIT	Barry
6:15-7.00pm	MEGABANDS	Dave
7:00-8:00pm	YOGA	Claire



HARBOUR HEALTH CLUB LIVERPOOL

Call

0151 243 8242

for more information

or email

harbour.reception@cpliverpool.com

A CODE FOR THE CLASSES

RED - HIGH INTENSITY

ORANGE - MEDIUM INTENSITY

YELLOW - LOW INTENSITY

BLUE - AQUA

CLUB OPENING TIMES:

MONDAY-FRIDAY 5.30am-10.00pm.

SATURDAY AND SUNDAY 7.00am-9.00pm

CHILDREN'S SWIM TIMES:

MONDAY - FRIDAY:

9.00am-12 noon and 2.00-6.00pm

SATURDAY & SUNDAY: 8.00am-7.00pm

THURSDAY

TIME	CLASS	INSTRUCTOR
7:00-7:30am	CIRCUITS	Mark
12:30-1:15pm	BOX4FITNESS	Dave
5:30-6:15pm	CIRCUITS	Barry
6:15-6:45pm	ABS	Barry

FRIDAY

TIME	CLASS	INSTRUCTOR
6:30-7:30am	HIIT	Dave
10:00-10:45pm	AQUA	Vicki
12:30-1:15pm	CIRCUITS	Dave

SATURDAY

TIME	CLASS	INSTRUCTOR
11:15-12 noon	CARDIO	Barry/Dave

SUNDAY

TIME	CLASS	INSTRUCTOR
10:00-10:30am	CIRCUITS	Mark
10:30-11:30am	YOGA	Claire