

CLASS TIMETABLE

WESTFIELD

MONDAY

06.45 - 07.15 **HIIT**
09.45 - 10.30 **BODY BURN**
10.15 - 11.15 **D.A.W.S**
(STRENGTH & STRETCH)
17.45 - 18.30 **INDOOR CYCLING**
18.00 - 18.40 **BOXFIT**
18.45 - 19.15 **HIIT**
19.30 - 20.30 **YOGA**

TUESDAY

06.45 - 07.15 **INDOOR CYCLING**
09.15 - 10.00 **HIIT**
10.30 - 11.30 **YOGA**
18.00 - 18.45 **INDOOR CYCLING**
19.00 - 19.45 **BOOTY BURN**

WEDNESDAY

06.45 - 07.15 **HIIT**
09.15 - 10.00 **INDOOR CYCLING**
10.15 - 11.15 **D.A.W.S**
(LOW TO MEDIUM CARDIO)
18.00 - 18.45 **BOOTCAMP** (OUT)
18.50 - 19.20 **AB BLAST**
19.30 - 20.30 **YOGA**

THURSDAY

06.45 - 07.15 **INDOOR CYCLING**
09.45 - 10.15 **AB BLAST**
18.00 - 18.45 **HIIT**
19.00 - 19.45 **BOOTY BURN**

FRIDAY

06.45 - 07.15 **HIIT**
09.15 - 10.00 **BODY BURN**
10.15 - 11.15 **D.A.W.S**
(STRENGTH & STRETCH)
18.00 - 18.45 **INDOOR CYCLING**
18.50 - 19.20 **AB BLAST**

SATURDAY

09.00 - 09.45 **INDOOR CYCLING**
10.00 - 10.30 **HIIT**

SUNDAY

09.45 - 10.30 **INDOOR CYCLING**
11.00 - 11.30 **HIIT**



LEISURE
UNITED

CALL OR GO ONLINE TO BOOK