

CLASS TIMETABLE



LEISURE UNITED JEFFREY HUMBLE

MONDAY

06.30 - 07.00 **HIIT**
09.30 - 10.15 **LBT**
16.30 - 17.15 **LBT**
17.30 - 18.15 **GROUP CYCLE**
18.15 - 19.00 **CIRCUIT**
19.15 - 20.15 **YOGA**

TUESDAY

06.30 - 07.15 **GROUP CYCLE**
09.30 - 10.15 **BOOTCAMP**
17.30 - 18.15 **CIRCUIT**
18.30 - 19.15 **LBT**
19.15 - 20.00 **DANCE FIT**

WEDNESDAY

06.30 - 07.00 **X-FIT**
09.30 - 10.15 **HIIT**
17.00 - 17.30 **HIIT**
17.45 - 18.30 **BODY
CONDITIONING**
18.30 - 19.15 **LBT**

THURSDAY

06.30 - 07.15 **BOOTCAMP**
09.30 - 10.15 **CIRCUIT**
16.30 - 17.15 **GROUP CYCLE**
17.30 - 18.15 **BOX FIT**
19.15 - 20.00 **BODY
CONDITIONING**

FRIDAY

06.30 - 07.15 **GROUP CYCLE**
09.30 - 10.15 **LBT**
16.30 - 17.15 **GROUP CYCLE**
17.30 - 18.15 **BODY
CONDITIONING**
18.30 - 19.00 **X-FIT**

SATURDAY

09.30 - 10.15 **CIRCUIT**
10.15 - 10.30 **AB BLAST**
12.00 - 12.45 **BOOTCAMP**

SUNDAY

08.30 - 09.30 **YOGA**
09.45 - 10.30 **X-FIT**
10.30 - 11.15 **HIIT ABS**

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