

# CLASS TIMETABLE



## LEISURE UNITED FRIAR PARK

### MONDAY

07.00 - 07.45 LBT  
12.30 - 13.30 U YOGA  
18.00 - 19.00 U CYCLE  
19.00 - 19.45 ABS BLAST

### TUESDAY

07.00 - 07.45 UPPER BODY WORKOUT  
12.30 - 13.15 CIRCUIT TRAINING  
18.00 - 19.00 BOX FIT  
19.00 - 19.45 BHANGRA

### WEDNESDAY

07.00 - 07.45 HIIT  
18.00 - 19.00 ZUMBA  
19.00 - 19.45 KETTLE BELLS

### THURSDAY

07.00 - 07.45 BOOTCAMP  
12.30 - 13.30 YOGA  
18.00 - 19.00 U CYCLE  
19.00 - 19.45 AEROBICS

### FRIDAY

12.30 - 13.30 ZUMBA

YOU CAN BOOK AND VIEW CLASSES HERE [HTTPS://APP.LEISUREUNITED.COM/WEDNESBURYGYM](https://app.leisureunited.com/wednesburygym)