

CLASS TIMETABLE



LEISURE UNITED DOWNHILL

MONDAY

06.30 - 07.15 STRENGTH &
CONDITIONING
09.30 - 10.15 BODY SCULPT
18.30 - 19.15 BOX FIT
18.30 - 19.15 U CYCLE

TUESDAY

06.30 - 07.15 HIIT
09.30 - 10.15 U CYCLE
10.15 - 11.00 LOW IMPACT FUNCTIONAL
17.30 - 18.15 CIRCUIT TRAINING
18.30 - 19.30 YOGA

WEDNESDAY

06.30 - 07.15 U CYCLE
09.30 - 10.15 BOOTCAMP
17.30 - 18.15 ZUMBA
18.30 - 19.30 BOX FIT

THURSDAY

06.30 - 07.15 HIIT
09.30 - 10.15 U CYCLE
17.30 - 18.15 CIRCUIT TRAINING
18.30 - 19.15 LBT

FRIDAY

06.30 - 07.15 LBT
09.30 - 10.15 BOX FIT
17.30 - 18.15 BADASS
18.30 - 19.15 DANCE FIT

SATURDAY

09.30 - 10.15 HIIT
10.15 - 11.00 ZUMBA

SUNDAY

09.30 - 10.15 U CYCLE
10.15 - 11.00 BOOTCAMP

YOU CAN BOOK AND VIEW CLASSES ON OUR **LU** APP!