

CLASS TIMETABLE



LEISURE UNITED JEFFREY HUMBLE

MONDAY

06.30 - 07.00 HIIT
09.30 - 10.15 LBT
12.15 - 13.00 FUNCTIONAL FITNESS
17.30 - 18.00 U CYCLE
18.15 - 19.00 YOGA
20.00 - 20.30 FUNCTIONAL FITNESS

TUESDAY

06.30 - 07.15 U CYCLE
09.30 - 10.15 BOOTCAMP
10.15 - 11.15 YOGA
12.15 - 13.00 FUNCTIONAL FITNESS
16.30 - 17.15 HIIT
17.30 - 18.15 CIRCUIT TRAINING
18.45 - 19.15 U CYCLE

WEDNESDAY

06.30 - 07.15 STRENGTH &
CONDITIONING
09.30 - 10.00 HIIT
17.00 - 17.45 HIIT
17.45 - 18.30 BOX FIT
18.30 - 19.15 STRENGTH &
CONDITIONING

THURSDAY

06.30 - 07.15 BOOTCAMP
09.30 - 10.15 FUNCTIONAL FITNESS
16.30 - 17.15 STRENGTH &
CONDITIONING
17.30 - 18.15 BOX FIT
18.15 - 19.00 U CYCLE
19.15 - 20.00 HIIT

FRIDAY

06.30 - 07.15 U CYCLE
09.30 - 10.15 LBT
16.30 - 17.15 HIIT
17.30 - 18.15 STRENGTH &
CONDITIONING
18.45 - 19.15 U CYCLE

SATURDAY

09.15 - 10.15 CIRCUIT TRAINING
12.00 - 12.45 LEARN TO LIFT

SUNDAY

08.30 - 09.15 FUNCTIONAL FITNESS
09.30 - 10.15 CIRCUIT TRAINING
10.15 - 11.00 HIIT

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