

CLASS TIMETABLE



LEISURE UNITED JERICO LANE

MONDAY

06.30 - 07.30 U CYCLE
09.30 - 10.00 WEIGHT TRAINING
FITNESS CLASS
12.30 - 13.00 HIIT
18.00 - 18.30 HIIT
18.30 - 19.30 U CYCLE

TUESDAY

07.00 - 07.30 ABS BLAST
09.30 - 10.00 LBT
12.30 - 13.00 HIIT
18.30 - 19.30 U CYCLE
19.00 - 19.30 ABS BLAST
19.30 - 20.30 UPPER BODY WORKOUT

WEDNESDAY

06.30 - 07.00 BODY BURN
07.00 - 07.30 RIG CIRCUITS
09.30 - 10.00 WEIGHT TRAINING
FITNESS CLASS
12.30 - 13.00 HIIT
18.00 - 19.00 U CYCLE
19.00 - 19.30 ABS BLAST

THURSDAY

06.30 - 07.30 U CYCLE
09.30 - 10.00 CIRCUIT TRAINING
17.30 - 18.30 U CYCLE
18.30 - 19.30 BOX FIT
19.00 - 19.30 KETTLE BELLS

FRIDAY

09.30 - 10.00 WEIGHT TRAINING
FITNESS CLASS
17.30 - 18.00 META FIT
18.00 - 18.30 KETTLE BELLS

SATURDAY

09.00 - 09.30 HIIT
09.30 - 10.00 BOX FIT

SUNDAY

09.00 - 09.30 U CYCLE
09.30 - 10.00 LBT

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