

CLASS TIMETABLE



LEISURE UNITED WESTFIELD

MONDAY

06.45 - 07.15 HIIT
09.15 - 10.00 BODY BURN
17.30 - 18.15 DANCE FIT
17.30 - 18.10 U CYCLE
18.15 - 18.55 BOX FIT
18.20 - 19.00 U CYCLE
19.00 - 19.30 HIT
19.35 - 20.35 YOGA

TUESDAY

06.45 - 07.15 U CYCLE
09.15 - 10.00 HIIT
10.30 - 11.30 SLOW FLOW YOGA
17.15 - 17.45 HIIT
18.00 - 18.30 U CYCLE
18.45 - 19.15 BOOTY BURN

WEDNESDAY

06.45 - 07.15 HIIT
09.15 - 10.00 U CYCLE
17.45 - 18.30 U CYCLE
18.00 - 18.45 BOX FIT
18.50 - 19.20 ABSt BLAST
19.30 - 20.30 YOGA

THURSDAY

06.45 - 07.15 U CYCLE
09.15 - 10.00 LBT
17.15 - 17.45 U CYCLE
18.00 - 18.30 HIIT
18.45 - 19.15 LBT

FRIDAY

06.45 - 07.15 HIIT
09.15 - 10.00 BODY BURN
17.45 - 18.45 DANCE FIT
18.00 - 18.45 U CYCLE
18.50 - 19.20 ABS BLAST

SATURDAY

09.00 - 09.45 U CYCLE
10.00 - 10.30 HIIT

SUNDAY

09.15 - 09.45 HIIT
10.00 - 10.45 U CYCLE

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