

# CLASS TIMETABLE

## LEISURE UNITED BLAKELAW



### MONDAY

06.45 - 07.15	LOWER BODY HIIT
09.15 - 10.00	CIRCUIT
10.00 - 11.00	PILATES
18.00 - 19.00	ZUMBA
19.15 - 20.00	CIRCUIT

### TUESDAY

06.45 - 07.15	METAFIT
09.30 - 10.00	METAFIT
10.00 - 10.30	ABS BLAST
18.00 - 18.45	CIRCUIT
19.00 - 19.30	LBT

### WEDNESDAY

06.45 - 07.15	UPPER BODY HIIT
09.30 - 10.00	CIRCUIT
10.00 - 10.30	LBT
10.30 - 11.30	YOGA
17.00 - 17.30	INDUCTIONS
18.30 - 19.00	HIIT STEP
19.00 - 19.30	HIIT STEP

### THURSDAY

06.45 - 07.15	METAFIT
09.30 - 10.30	ZUMBA
18.30 - 19.00	METAFIT
19.00 - 19.30	ABS BLAST

### FRIDAY

06.45 - 07.15	FULL BODY CIRCUIT
09.00 - 09.30	CIRCUIT
09.45 - 10.15	HIIT STEP
17.30 - 18.00	INDUCTIONS
18.00 - 18.45	BOOTCAMP

### SATURDAY

### SUNDAY

11.30 - 12.30	YOGA
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