

CLASS TIMETABLE



LEISURE UNITED PARSLOES PARK

MONDAY

06.30 - 07.00	GROUP INDUCTIONS
07.30 - 08.00	BODY BURN
09.00 - 09.30	INDUCTION
10.00 - 11.00	PILATES
12.00 - 12.30	GROUP INDUCTIONS
14.00 - 14.30	GROUP INDUCTIONS
16.00 - 16.30	INDUCTION
18.00 - 19.00	BODY BURN
19.00 - 20.00	INDOOR CYCLE

TUESDAY

06.30 - 07.00	GROUP INDUCTIONS
07.30 - 08.00	LEGS, BUMS & TUMS
08.00 - 08.30	BOX FIT
09.00 - 09.30	GROUP INDUCTIONS
10.00 - 10.30	INDOOR CYCLE
12.00 - 12.30	GROUP INDUCTIONS
14.00 - 14.30	GROUP INDUCTIONS
16.00 - 16.30	GROUP INDUCTIONS
18.00 - 18.30	INDOOR CYCLE
19.00 - 19.30	HIIT

WEDNESDAY

06.30 - 07.00	GROUP INDUCTIONS
07.30 - 08.00	HIIT
08.00 - 08.30	BODY BURN
09.00 - 09.30	GROUP INDUCTIONS
12.00 - 12.30	GROUP INDUCTIONS
14.00 - 14.30	GROUP INDUCTIONS
15.00 - 15.30	HIIT
16.00 - 16.30	GROUP INDUCTIONS
17.30 - 18.00	BODY BURN

THURSDAY

06.30 - 07.00	GROUP INDUCTIONS
07.30 - 08.00	INDOOR CYCLE
08.00 - 08.30	BOX FIT
09.00 - 09.30	GROUP INDUCTIONS
10.00 - 10.30	LEGS, BUMS & TUMS
12.00 - 12.30	GROUP INDUCTIONS
14.00 - 14.30	GROUP INDUCTIONS
16.00 - 16.30	GROUP INDUCTIONS
18.15 - 19.00	PILATES
19.15 - 20.00	BOX FIT

FRIDAY

06.30 - 07.00	GROUP INDUCTIONS
07.30 - 08.00	HIIT
09.00 - 09.30	GROUP INDUCTIONS
11.00 - 11.30	BODY BURN
12.00 - 12.30	GROUP INDUCTIONS
14.00 - 14.30	GROUP INDUCTIONS
15.00 - 15.30	HIIT
16.00 - 16.30	GROUP INDUCTIONS
17.00 - 17.30	BOX FIT
18.00 - 18.30	LEGS, BUMS & TUMS

SATURDAY

08.15 - 08.45	INDOOR CYCLE
09.00 - 09.30	GROUP INDUCTIONS
10.00 - 10.30	BODY BURN
11.00 - 11.30	HIIT
12.00 - 12.30	GROUP INDUCTIONS
14.00 - 14.30	GROUP INDUCTIONS
16.00 - 16.30	GROUP INDUCTIONS

SUNDAY

09.00 - 09.30	GROUP INDUCTIONS
10.30 - 11.00	HIIT
11.15 - 11.45	INDOOR CYCLE
13.00 - 13.30	LEGS, BUMS & TUMS
14.00 - 14.30	GROUP INDUCTIONS
16.00 - 16.30	GROUP INDUCTIONS

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