CLASS TIMETABLE

LEISURE UNITED BLAKELAW

LEISURE UNITED

MONDAY

06.30 - 07.00	FUNCTIONAL FITNESS
07.15 - 07.45	BODY SCULPT
09.00 - 09.30	BODY SCULPT
09.30 - 10.00	BODY SCULPT
17.30 - 18.00	HIIT
18.15 - 19.15	ZUMBA

TUESDAY

06.30 - 07.00	STRENGTH v CARDIO
07.15 - 07.45	BODY SCULPT
09.30 - 10.00	LIFT & CRUNCH
17.30 - 18.00	LOW IMPACT
18.00 - 18.30	HIIT
18.30 - 18.45	ABS BLAST

WEDNESDAY

06.30 - 07.00	BODY BURN
07.15 - 07.45	BODY SCULPT
09.30 - 10.00	METAFIT
17.15 - 18.00	BOOTCAMP
18.00 - 19.00	DANCEFIT

THURSDAY

06.30 - 07.00	LIFT & CRUNCH
07.15 - 07.45	BODY SCULPT
09.30 - 10.00	HYBRID
16.30 - 17.30	LEARN TO GYM
17.30 - 18.30	LEARN TO GYM

FRIDAY

06.30 - 07.00	HYBRID
07.15 - 07.45	BODY SCULPT
09.30 - 10.00	STRENGTH v CARDIO
17.45 - 18.30	LEGS, BUMS & TUMS

SATURDAY

08.15 - 09.15	HYBRID
09.15 - 10.00	BODY SCULPT

SUNDAY

10.15 - 11.00	BODY CONDITIONING

YOU CAN BOOK AND VIEW CLASSES ON OUR LU APP!