CLASS TIMETABLE

LEISURE UNITED BULLOCKSTEADS

LEISURE UNITED

MONDAY

06.30 - 07.15	X-FIT
07.00 - 07.45	CIRCUITS
09.15 - 10.00	HIIT
12.00 - 13.15	STRETCH & MOBILITY
17.45 - 18.15	TABATA
18.30 - 19.00	STRETCH & MOBILITY
18.30 - 19.30	GROUP CYCLE
19.30 - 20.15	BODY BLAST

TUESDAY

06.30 - 07.15	BODY BURN
09.15 - 10.00	HIIT
11.00 - 11.30	LEGS, BUMS & TUMS
10.00 - 10.45	GROUP CYCLE
17.45 - 18.30	LEGS, BUMS & TUMS
18.30 - 19.15	STRENGTH & COND
19.00 - 20.00	BOXFIT

WEDNESDAY

10.00 - 10.30	TABATA
12.00 - 12.30	GROUP CYCLE
17.30 - 18.30	PILATES
18.45 - 19.30	BODY BURN
19.00 - 19.45	CIRCUITS

THURSDAY

06.30 - 07.15	BODY BURN
09.30 - 10.15	ABS BLAST
12.00 - 12.45	LEGS, BUMS & TUMS
12.00 - 12.45	X-FIT
17.30 - 18.15	STRENGTH & COND
19.00 - 20.00	BOX FIT
19.15 - 19.45	ABS BLAST

FRIDAY

06.30 - 07.15	X-FIT
11.00 - 11.30	LEGS, BUMS & TUMS
10.30 - 10.45	ABS BLAST
12.00 - 12.45	STRENGTH & COND

SATURDAY

08.30 - 09.15	STRENGTH & COND
09.30 - 10.30	GROUP CYCLE
10.15 - 10.40	ABS BLAST
11.00 - 11.45	HIIT STEP

SUNDAY

YOU CAN BOOK AND VIEW CLASSES ON OUR LU APP!