CLASS TIMETABLE

LEISURE UNITED DOWNHILL

LEISURE UNITED

MONDAY

06.30 - 07.00	RIG CIRCUIT
09.30 - 10.15	BODY COND
17.30 - 18.15	HIIT
18.30 - 19.00	BODY COND
19.15 - 19.45	LEGS, BUMS & TUMS

TUESDAY

09.30 - 10.15	BOOTCAMP
17.30 - 18.15	CIRCUITS
18.30 - 19.15	STEP AEROBICS

WEDNESDAY

06.30 - 07.15	BODY COND
09.30 - 10.15	RIG CIRCUIT
17.30 - 18.15	GROUP CYCLE
18.30 - 19.15	BOXFIT

THURSDAY

06.30 - 07.15	HIIT
09.30 - 10.15	CIRCUITS
10.30 - 11.15	PILATES
17.30 - 18.15	METAFIT
18.30 - 19.15	LEGS, BUMS & TUMS

FRIDAY

09.30 - 10.15	BOXFIT
17.30 - 18.00	RIG CIRCUIT
18.00 - 18.45	ASSASSIAN FITNESS

SATURDAY

SUNDAY

10.30 - 11.15	BOOTCAMP

YOU CAN BOOK AND VIEW CLASSES ON OUR LU APP!