CLASS TIMETABLE

LEISURE UNITED JEFFREY HUMBLE

LEISURE UNITED

MONDAY

06.30 - 07.15	LEGS, BUMS & TUMS
09.30 - 10.15	GROUP CYCLE
17.30 - 18.15	BOOTCAMP
18.30 - 19.15	ABS BLAST
19.30 - 20.30	YOGA

TUESDAY

06.30 - 07.15	LIFT & CRUNCH
07.15 - 08.00	METAFIT
09.30 - 10.15	HIIT CIRCUIT
17.30 - 18.15	KETTLEBELL
18.30 - 19.15	STRENGTH & COND

WEDNESDAY

06.30 - 07.15	GROUP CYCLE
07.15 - 08.00	ABS BLAST
09.30 - 10.15	METAFIT
17.30 - 18.15	CIRCUITS
18.30 - 19.15	LEGS, BUMS & TUMS
19.30 - 20.30	GROUP CYCLE

THURSDAY

06.30 - 07.15	GROUP CYCLE
07.15 - 08.00	CORE & STRENGTH
09.30 - 10.15	PUMP & TONE
17.30 - 18.15	GROUP CYCLE
18.30 - 19.15	BOX FIT

FRIDAY

06.30 - 07.15	X-FIT
07.15 - 08.00	ABS BLAST
09.30 - 10.15	LEGS, BUMS & TUMS

SATURDAY

10.00 - 11.00	CIRCUITS

SUNDAY

YOU CAN BOOK AND VIEW CLASSES ON OUR LU APP!