CLASS TIMETABLE

LEISURE JERICHO LANE

LEISURE UNITED

MONDAY

12.30 - 13.00	LEGS, BUMS, TUMS
13.00 - 13.15	LUNCHTIME CRUNCHTIME
17.45 - 18.15	STRENGTH & CONDITIONING
18.30 - 19.15	THEMED GROUP CYCLE

TUESDAY

17.00 - 17.30	KETTLEBELL
17.45 - 18.30	GROUP CYCLE
18.45 - 19.15	UPPER BODY BURNOUT
19.30 - 20.30	YOGA

WEDNESDAY

06.30 - 07.15	STRENGTH & CONDITIONING
09.30 - 10.00	STRETCH, STRENGTH & MOBILITY
18.00 - 18.45	BOX HIIT
18.45 - 19.05	PAD WORK

THURSDAY

09.30 - 10.15	PUMP
10.20 - 10.35	ABS BLAST
12.00 - 12.45	SWEAT & SHRED
18.15 - 18.45	SHUTTLE RUN CIRCUIT
19.00 - 19.45	STRENGTH & CONDITIONING

FRIDAY

09.30 - 10.15	RIDE & TONE
17.30 - 18.15	RIG CIRCUIT
18.20 - 18.50	BODY BURN

SATURDAY

08.30 - 09.00	CIRCUITS
09.10 - 09.40	KETTLEBELL & ABS

SUNDAY

08.00 - 08.45	RIDE & TONE

YOU CAN BOOK AND VIEW CLASSES ON OUR LU APP!