CLASS TIMETABLE

LEISURE UNITED PARSLOES PARK

LEISURE UNITED

MONDAY

07.00 - 07.45	**CIRCUITS**
11.00 - 11.45	**MATURE CLASS (OAP)**
12.00 - 12.30	**STRETCH & MOBILITY**
18.30 - 19.00	**STRETCH & MOBILITY**
19.30 - 20.15	**BODY BLAST**

TUESDAY

11.00 -11.30	**LEGS, BUMS & TUMS**
19.00 - 20.00	**BOX FIT**

WEDNESDAY

12.30 - 13.15	**GROUP CYCLE**
19.00 - 19.45	**CIRCUITS**

THURSDAY

09.30 - 10.15	**ABS BLAST**
12.00 - 12.45	**LEGS, BUMS & TUMS**
19.00 - 20.00	**BOX FIT**

FRIDAY

11.00 - 11.30	**LEGS, BUMS & TUMS**
12.00 - 12.45	**MATURE CLASS (OAP)**
15.30 - 16.00	**PILATES STYLE**

SATURDAY

09.30 - 10.30	**GROUP CYCLE**
11.00- 11.45	**HIIT STEP**

SUNDAY

YOU CAN BOOK AND VIEW CLASSES ON OUR LU APP!