

CLASS TIMETABLE



LEISURE UNITED WESTFIELD

MONDAY

06.30 - 07.15 **GROUP CYCLE**
09.15 - 10.00 **CIRCUITS**
11.00 - 11.45 **PILATES**
17.30 - 18.15 **BOX FIT**
18.30 - 19.15 **GROUP CYCLE**
19.00 - 20.00 **GROUP PT**
19.30 - 20.30 **YOGA**

TUESDAY

06.30 - 07.15 **HIIT**
09.15 - 10.00 **CIRCUITS**
10.15 - 11.15 **YOGA**
18.00 - 18.45 **LEGS, BUMS & TUMS**
19.00 - 19.30 **HIIT**

WEDNESDAY

06.30 - 07.15 **BOOTCAMP**
09.15 - 09.45 **HIIT**
16.45 - 17.15 **GROUP CYCLE**
17.30 - 18.15 **GROUP CYCLE**
18.30 - 19.15 **LBT**
19.30 - 20.30 **YOGA**

THURSDAY

06.30 - 07.15 **BOX FIT**
07.30 - 08.15 **GROUP CYCLE**
09.30 - 10.00 **HIIT**
10.15 - 11.00 **PILATES**
17.15 - 17.45 **WOMENS MOVE WELL**
18.00 - 18.30 **GROUP CYCLE**
18.45 - 19.30 **CIRCUIT**
19.00 - 20.00 **GROUP PT**

FRIDAY

06.30 - 07.15 **HIIT**
09.15 - 09.45 **BODY PUMP**
12.00 - 12.45 **BOOTCAMP**

SATURDAY

08.30 - 09.15 **BOOTCAMP**
09.30 - 10.15 **GROUP CYCLE**

SUNDAY

08.30 - 09.15 **BOOTCAMP**
09.30 - 10.15 **INTRO TO LIFTING**

YOU CAN BOOK AND VIEW CLASSES ON OUR **LU** APP!