



XERCISE4LESS

Leeds Classes **Timetable**

From: 23rd April 2012

OPENING HOURS:

MON-FRI 06:00-22:00

SAT AND SUN 08:00-20:00

(£) Indicates a charge

MON	CARDIO CONDITION	TABATA	BODY PUMP	TRX	ZUMBA	BOXERCISE	BODY PUMP	SPIN	SPIN
	07:00 - 07:45	10:30 - 11:30	11:30 - 12:30	12:30 - 13:15	18:00 - 19:00	19:00 - 20:00	20:00 - 20:45	18:00 - 19:00	19:00 - 19:45
TUE	SPIN	DANCE AEROBICS	LBT		BOOTCAMP	AEROBICS	ZUMBA	SPIN	SPIN
	06:15 - 06:45	09:30 - 10:15	10:15 - 11:00		18:15 - 19:00	19:00 - 20:00	20:00 - 21:00	18:00 - 19:00	19:00 - 19:45
WED	CARDIO CONDITION	CIRCUIT	TABATA		ZUMBA	CIRCUIT	BOXERCISE	SPIN	SPIN
	06.45 - 07.30	10.15 - 11.00	11.00 - 11:45		18.15 - 19.00	19.00 - 20.00	20.00 - 21.00	18:00 - 19:00	19:00 - 19:45
THU	SPIN	TONE	ABS		CIRCUITS	TRX	BOKWA	SPIN	SPIN
	06.15 - 06.45	11.45 - 12.30	12.30 - 13.00		17.45 - 18.30	18.30 - 19.15	19.15 - 20.00	18:00 - 18:45	19:00 - 19:45
FRI	CARDIO CONDITION	PILATES	TONE		BOOTCAMP	BODYPUMP	PILATES	SPIN	
	07.00 - 07.45	09.30 - 10.30	10.30 - 11.30		16.15 - 17.00	17:15 - 18:00	19.15 - 20.00	18:00 - 18:45	
SAT	ZUMBATONIC (£)	SPIN	ZUMBA	BOOTCAMP	PILATES	BODYPUMP	BODY ATTACK		
	09:00 - 09:45	10:00 - 11:00	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00	14:00 - 14:45	14:45 - 15:30		
SUN	BODY TONE								
	10:00 - 11:00								

KEY

- Cardio Workout
- Dance Class
- Toning & Conditioning
- Relaxation & Toning