

ANYTIME FITNESS LEEDS



MONDAY

ABS

13:00 - 13:30

HIIT

15:00 - 15:30

BODYWEIGHT

15:30 - 16:00

TUESDAY

CIRCUITS

12:00 - 12:30

PLYO

14:30 - 15:10

WEDNESDAY

HIIT

09:30 - 10:00

ABS

11:00 - 11:30

THURSDAY

ABS

13:00 - 13:30

CARDIO BLAST

14:00 - 14:30

BODYWEIGHT CIRCUIT

14:30 - 15:10

HIIT

15:30 - 16:00

FRIDAY

BODYWEIGHT CIRCUIT

10:30 - 11:15

SATURDAY

SUNDAY



START TO BE GREAT!