



## Lee Jessey Personal Training

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# LJPT Studio

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## CLASS TIMETABLE

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# LJPT Studio - CLASS TIMETABLE

MORNING CLASSES

EVENING CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
MORNING CLASSES	<p><b>6.30 - 7.00am</b> <b>20/10</b></p> <p>A 30 minute class incorporating 20 mins of HIIT training &amp; 10 mins Abs. Or will it be 10 mins HIIT &amp; 20 mins Abs?</p>		<p><b>6.30 - 7.00am</b> <b>HIIT &amp; Strength</b></p> <p>A combination of HIIT &amp; strength work to kickstart your bodies &amp; its metabolism for a full fat burning day</p>	<p><b>9.30 - 10.15am</b> <b>BodyHIIT</b></p> <p>This again will be a full body workout using high intensity and other effective methods to ensure you work your body to its limit.</p>	<p><b>9.30 - 10.30am</b> <b>BodyHIIT</b></p> <p>The perfect start to the weekend. This again will be a full body workout using high intensity and other effective methods to ensure you work your body to its limit.</p>
EVENING CLASSES	<p><b>6.30 - 7.30pm</b> <b>FUEL!</b></p> <p>A full body workout which is often circuit based. This class will generally involve a group based warm up followed by a challenging circuit using a wide range of equipment.</p>	<p><b>6.30 - 7.30pm</b> <b>KB-Tabata</b></p> <p>A kettle bell based class combining tabata training and kettle bell exercises for a complete body workout. Great for increasing muscle strength, endurance and power as well as improving muscle definition.</p>	<p><b>7.00 - 8.00pm</b> <b>HAVOC!</b></p> <p>Similar to FUEL! so generally this will be a circuit based class incorporating a bit of everything basically! Lots of equipment &amp; not a lot of rest!</p>	<p><b>6.30 - 7.15pm</b> <b>Let's Box</b></p> <p>A boxing session which is a great stress reliever &amp; fat burner. Combining different boxing drills &amp; combinations with HIIT exercises for a real calorie blaster.</p>	