

exercise class programme

Westlands Sports & Fitness Centre

Accurate as of 17/05/2025

Times for Monday 20 September



Time	Session	Facility	Level
6:45 am - 7:30 am	Cardio Tone	studio	all levels
9:30 am - 10:15 am	Body Conditioning Class	studio	all levels
10:15 am - 11:00 am	Pure Stretch	studio	all levels
6:15 pm - 7:15 pm	Yoga Gentle	studio	all levels
6:30 pm - 7:15 pm	TONE	studio	all levels
7:15 pm - 8:15 pm	Yoga	studio	all levels