

exercise class programme

Westlands Sports & Fitness Centre

Accurate as of 27/04/2024

Times for Tuesday 21 September



Time	Session	Facility	Level
6:45 am - 7:30 am	Freedom Circuits	studio	all levels
9:30 am - 10:15 am	Kettlebells	studio	all levels
7:00 pm - 7:45 pm	Body Combat	studio	all levels