


exercise class programme

Westlands Sports & Fitness Centre

Accurate as of 07/05/2024

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	