

# exercise class programme

## Westlands Sports & Fitness Centre

Accurate as of 09/04/2024

### Times for Wednesday 22 September



| Time                | Session           | Facility | Level      |
|---------------------|-------------------|----------|------------|
| 6:45 am - 7:30 am   | Kettlebells       | studio   | all levels |
| 7:30 am - 8:15 am   | Pure Stretch      | studio   | all levels |
| 10:45 am - 11:30 am | Pure Stretch      | studio   | all levels |
| 11:45 am - 12:45 pm | Yoga Gentle       | studio   | beginner   |
| 5:15 pm - 6:00 pm   | Legs, Bums & Tums | studio   | all levels |
| 6:15 pm - 7:00 pm   | Kettlebells       | studio   | all levels |
| 7:00 pm - 8:00 pm   | Body Pump         | studio   | all levels |