


exercise class programme

Westlands Sports & Fitness Centre

Accurate as of 28/04/2024

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	