

exercise class programme

Westlands Sports & Fitness Centre

Accurate as of 25/04/2024

Times for Thursday 23 September



Time	Session	Facility	Level
6:45 am - 7:30 am	Body Conditioning Class	studio	all levels
9:30 am - 10:15 am	LBT	studio	all levels
10:15 am - 11:00 am	Pure Stretch	studio	all levels
6:45 pm - 7:30 pm	Freedom Step	studio	all levels