## **exercise class programme**Westlands Sports & Fitness Centre

## Accurate as of 20/04/2024

Times for Friday 24 September				<b>S</b>
Time	Session	Facility	Level	
10:15 am - 11:00 am	Freedom Step	studio	all levels	
5:30 pm - 6:30 pm	Fitness Pilates	studio	all levels	