

exercise class programme

Westlands Sports & Fitness Centre

Accurate as of 06/05/2024

Times for Friday 19 April



Time	Session	Facility	Level
6:45 am - 7:30 am	Cube Fit	gym	all levels
9:15 am - 10:15 am	Body Balance	studio	
9:30 am - 10:15 am	This Girl Can	studio	
10:15 am - 11:00 am	Freedom Step	studio	all levels
10:15 am - 11:00 am	Stretch and Relax	studio	
1:30 pm - 2:30 pm	Pilates	studio	all levels
5:00 pm - 5:30 pm	Cube Fit	gym	all levels
5:30 pm - 6:30 pm	Fitness Pilates	studio	all levels