

exercise class programme

Westlands Sports & Fitness Centre

Accurate as of 20/05/2024

Times for Tuesday 23 April



Time	Session	Facility	Level
6:45 am - 7:30 am	Freedom Circuits	studio	all levels
9:30 am - 10:15 am	Kettlebells	studio	all levels
10:15 am - 11:00 am	This Girl Can	studio	all levels
5:15 pm - 6:00 pm	Pilates	studio	all levels
5:45 pm - 6:45 pm	Body Balance	studio	all levels
6:00 pm - 6:30 pm	Cube Fit	gym	all levels
6:00 pm - 6:45 pm	Body Pump	studio	
6:45 pm - 7:30 pm	Aerobics	studio	
7:00 pm - 7:45 pm	Body Combat	studio	all levels
7:45 pm - 8:30 pm	Freedom Step	studio	all levels