

# exercise class programme

## Westlands Sports & Fitness Centre

Accurate as of 19/05/2024

### Times for Thursday 25 April



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
5:30 pm - 6:00 pm	Bounce	studio	
6:00 pm - 6:45 pm	Cardio Tone	studio	all levels
6:00 pm - 6:45 pm	Body Combat	studio	
6:45 pm - 7:15 pm	Core Plus	studio	
6:45 pm - 7:30 pm	Freedom Step	studio	all levels