

Gym Timetable

Westlands Sports & Fitness Centre

Accurate as of 17/05/2025

Times for Friday 19 August



Time	Session	Facility	Level
6:15 am - 6:30 am	Fitness Area Open	gym	
6:30 am - 6:45 am	Fitness Area Open	gym	
6:45 am - 7:00 am	Fitness Area Open	gym	
7:00 am - 7:15 am	Fitness Area Open	gym	
7:15 am - 7:30 am	Fitness Area Open	gym	
7:30 am - 7:45 am	Fitness Area Open	gym	
7:45 am - 8:00 am	Fitness Area Open	gym	
8:00 am - 8:15 am	Fitness Area Open	gym	
8:15 am - 8:30 am	Fitness Area Open	gym	
8:30 am - 8:45 am	Fitness Area Open	gym	
8:45 am - 9:00 am	Fitness Area Open	gym	
9:00 am - 9:15 am	Fitness Area Open	gym	
9:15 am - 9:30 am	Fitness Area Open	gym	
9:30 am - 9:45 am	Fitness Area Open	gym	
9:45 am - 10:00 am	Fitness Area Open	gym	
10:00 am - 10:15 am	Fitness Area Open	gym	
10:15 am - 10:30 am	Fitness Area Open	gym	
10:30 am - 10:45 am	Fitness Area Open	gym	
10:45 am - 11:00 am	Fitness Area Open	gym	
11:00 am - 11:15 am	Fitness Area Open	gym	
11:15 am - 11:30 am	Fitness Area Open	gym	

Time	Session	Facility	Level
11:30 am - 11:45 am	Fitness Area Open	gym	
11:45 am - 12:00 pm	Fitness Area Open	gym	
12:00 pm - 12:15 pm	Fitness Area Open	gym	
12:15 pm - 12:30 pm	Fitness Area Open	gym	
12:30 pm - 12:45 pm	Fitness Area Open	gym	
12:45 pm - 1:00 pm	Fitness Area Open	gym	
1:00 pm - 1:15 pm	Fitness Area Open	gym	
1:15 pm - 1:30 pm	Fitness Area Open	gym	
1:30 pm - 1:45 pm	Fitness Area Open	gym	
1:45 pm - 2:00 pm	Fitness Area Open	gym	
2:00 pm - 2:15 pm	Fitness Area Open	gym	
2:15 pm - 2:30 pm	Fitness Area Open	gym	
2:30 pm - 2:45 pm	Fitness Area Open	gym	
2:45 pm - 3:00 pm	Fitness Area Open	gym	
3:00 pm - 3:15 pm	Fitness Area Open	gym	
3:15 pm - 3:30 pm	Fitness Area Open	gym	
3:30 pm - 3:45 pm	Fitness Area Open	gym	
3:45 pm - 4:00 pm	Fitness Area Open	gym	
4:00 pm - 4:15 pm	Fitness Area Open	gym	
4:15 pm - 4:30 pm	Fitness Area Open	gym	
4:30 pm - 4:45 pm	Fitness Area Open	gym	
4:45 pm - 5:00 pm	Fitness Area Open	gym	
5:00 pm - 5:15 pm	Fitness Area Open	gym	
5:15 pm - 5:30 pm	Fitness Area Open	gym	
5:30 pm - 5:45 pm	Fitness Area Open	gym	

Time	Session	Facility	Level
5:45 pm - 6:00 pm	Fitness Area Open	gym	
6:00 pm - 6:15 pm	Fitness Area Open	gym	
6:15 pm - 6:30 pm	Fitness Area Open	gym	
6:30 pm - 6:45 pm	Fitness Area Open	gym	
6:45 pm - 7:00 pm	Fitness Area Open	gym	
7:00 pm - 7:15 pm	Fitness Area Open	gym	
7:15 pm - 7:30 pm	Fitness Area Open	gym	
7:30 pm - 7:45 pm	Fitness Area Open	gym	
7:45 pm - 8:00 pm	Fitness Area Open	gym	