

Gym Timetable

Westlands Sports & Fitness Centre

Accurate as of 03/05/2024

Times for Friday 26 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 | |