

exercise class programme

Westlands Sports & Fitness Centre

Accurate as of 01/11/2024

Times for Monday 15 April



Time	Session	Facility	Level
6:45 am - 7:30 am	Cardio Tone	studio	all levels
9:00 am - 9:30 am	Cube Fit	gym	all levels
9:30 am - 10:15 am	Body Conditioning Class	studio	all levels
10:15 am - 11:00 am	Pure Stretch	studio	all levels
11:15 am - 12:15 pm	Mindful Movements	studio	all levels
5:15 pm - 6:00 pm	Ladies Circuits	studio	all levels
6:00 pm - 6:30 pm	Core Plus	studio	
6:15 pm - 7:15 pm	Yoga Gentle	studio	all levels
6:30 pm - 7:15 pm	TONE	studio	all levels
7:15 pm - 8:15 pm	Yoga	studio	all levels