

exercise class programme

Westlands Sports & Fitness Centre

Accurate as of 01/11/2024

Times for Wednesday 17 April



Time	Session	Facility	Level
6:45 am - 7:30 am	Kettlebells	studio	all levels
7:30 am - 8:15 am	Pure Stretch	studio	all levels
9:00 am - 9:30 am	Cube Fit	gym	all levels
9:30 am - 10:30 am	Body Balance	studio	
10:00 am - 10:45 am	Zumba	studio	
10:45 am - 11:30 am	Pure Stretch	studio	all levels
11:45 am - 12:45 pm	Yoga Gentle	studio	beginner
12:45 pm - 1:15 pm	Meditation	studio	
5:15 pm - 6:00 pm	Legs, Bums & Tums	studio	all levels
6:00 pm - 7:00 pm	Body Combat	studio	
6:15 pm - 7:00 pm	Kettlebells	studio	all levels
7:00 pm - 8:00 pm	Body Pump	studio	all levels
7:00 pm - 8:00 pm	Boot Camp	studio	