






Westpark Fitness Classes - Autumn 2021

(places must be booked in advance on the Westpark Fitness app) 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30am - 45mins WP Strong	6.15am - 60mins Sports Specific Cycling	6.30am - 45mins Indoor Cycling	6.30am - 45mins Bodypump	6.30am - 45mins Myzone Spin	8.30am - 45mins WP Burn
9.30am - 45mins Aqua Fitness 	9.30am - 45mins Aqua Fitness	9.30am - 45mins Aqua Fitness	9:30am - 45mins Aqua Fitness	9:30am - 45mins Aqua Fitness	9.00am - 60mins Yoga for Anxiety
10.00am - 45mins Indoor Cycling	10:00am - 45 mins Bodypump	10.00am - 45mins Myzone Spin	10:00am - 45mins Bodypump	10:00am - 45mins Indoor Cycling	9.30am - 45mins Indoor Cycling
10.00am - 45mins Les Mills Tone	11.00am - 45mins WP Burn	11.00am - 60mins WP Strong	11.00am - 45mins WP Burn	11:00am - 45mins WP Strong	11:00am - 60mins WP Strong 
11:00am - 45mins Yoga for Anxiety	11.00am - 55mins Bodybalance	5.30pm - 55mins WP Burn	6.00pm - 45mins Bodypump	6.30pm - 45mins Indoor Cycling	
5.30pm - 55mins WP Burn	5:30pm - 45mins WP Burn	6.00pm - 45mins Les Mills Tone	7:00pm - 45mins Aqua Fitness		
6.00pm - 45mins Bodypump	6:00pm - 45mins Bodypump	6.30pm - 45mins Indoor Cycling	7.00pm - 30mins Les Mills Core 		
6.30pm - 45mins Myzone Spin	7:00pm - 45mins Aqua Fitness	7.00pm - 45mins Bodypump	7.30pm - 45mins WP Burn		10.00am - 45mins Bodypump
7.00pm - 45mins Bodybalance 	7:00pm - 30mins Les Mills Core	7:00pm - 45mins Yoga for Anxiety (Zoom) for the Zoom link e-mail jurate@westpark.ie 			11.00am - 45mins Myzone Spin
	7:30pm - 45mins Myzone Spin				12:00pm - 55mins Bodybalance
	8:00pm - 45mins Bodybalance	8:00pm - 55mins Bodybalance			

NOTE:
All classes in purple are held in the underground area