Westpark Fitness Classes - Spring 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am - 45mins WP Burn	**6:15am - 60mins** Sports Specific Cycling	**6:30am - 45mins** Indoor Cycling	**6:30am - 45mins** Bodypump	**6:30am - 45mins** WP Burn	**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** Indoor Cycling	**10:00am - 45mins** Bodypump	**9:30am - 60mins** Cardio Kickboxing	**9:30am - 45mins** Indoor Cycling
10:00am - 45mins WP Dance	**11:00am - 55mins** Bodybalance	**11:00am - 45mins** WP Burn	**11:00am - 45mins** WP Burn	**10:00am - 45mins** Indoor Cycling	**11:00am - 45mins** Bodypump
11:00am - 45mins Yoga for Anxiety	**12:15pm - 60mins** Cardio Kickboxing	**6:00pm - 45mins** WP Burn	**5:30pm - 45mins** WP Burn	**11:00am - 45mins** WP Burn	
5:30pm - 45mins WP Burn	**6:00pm - 45mins** Bodypump	**6:30pm - 45mins** Indoor Cycling	**6:30pm - 60mins** Cardio Kickboxing	**6:30pm - 45mins** WP Burn	
6.00pm - 45mins Bodypump	**7:00pm - 45mins** Aqua Fitness	**7:00pm - 45mins** Bodypump	**7:00pm - 45mins** Aqua Fitness		**SUNDAY**
6:30pm - 45mins Indoor Cycling	**7:30pm - 45mins** WP Burn	**7:00pm - 45mins** Yoga for Anxiety (Zoom) *for the Zoom link e-mail* *jurate@westpark.ie*	**7:30pm - 45mins** WP Dance		**10:00am - 45mins** Bodypump
7:00pm - 45mins Bodybalance	**8:00pm - 45mins** Bodybalance	**8:00pm - 55mins** Bodybalance			**11:00am - 45mins** WP Burn
					12:00pm - 55mins Bodybalance

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