

Westpark Fitness Classes - Summer 2022

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am - 45mins CicloZone	6:15am - 60mins Sports Specific Cycling	6:30am - 45mins CicloZone	6:30am - 45mins BodyPump	6:30am - 45mins WP Burn	8:30am - 45mins WP Burn
9:30am - 45mins Aqua Fitness 	6:30am - 45mins WP Burn	9:30am - 45mins Aqua Fitness	9:30am - 45mins Aqua Fitness	9:30am - 45mins Aqua Fitness	9:00am - 60mins Yoga for Anxiety
10:00am - 45mins CicloZone	9:30am - 45mins Aqua Fitness	10:00am - 45mins CicloZone	10:00am - 45mins BodyPump	9:30am - 60mins Cardio Kickboxing	9:30am - 45mins CicloZone
10:00am - 45mins WP Dance	10:00am - 45 mins BodyPump	11:00am - 45mins WP Strong	11:00am - 45mins WP Burn 	10:00am - 45mins CicloZone	10:15am - 45mins BodyPump
11:00am - 45mins Yoga for Anxiety	11:00am - 55mins BodyBalance	4:30pm - 45mins WP FitCircuit (Kids)	5:30pm - 45mins WP Strong	11:00am - 45mins BodyBalance	11:15am - 55mins BodyBalance
4:30pm - 45mins WP FitFlow (Kids)	11:00am - 45mins WP Burn	6:00pm - 45mins WP Burn	6:30pm - 60mins Cardio Kickboxing	6:30pm - 45mins WP Burn 	12:15pm - 45mins WP Strong
5:30pm - 45mins WP Burn	12:15pm - 60mins Cardio Kickboxing	6:30pm - 45mins CicloZone	6:30pm - 45mins CicloZone		
6:00pm - 45mins BodyPump	5:30pm - 30mins WP TeenSpin (Teens)	7:00pm - 45mins BodyPump	7:00pm - 45mins Aqua Fitness		SUNDAY
6:30pm - 45mins CicloZone	5:45pm - 45mins BodyPump	7:00pm - 45mins Yoga for Anxiety (Zoom) <i>for the Zoom link e-mail</i> jurate@westpark.ie	7:30pm - 45mins WP Dance		9:00am - 45mins BodyPump
7:00pm - 45mins BodyBalance 	6:30pm - 45mins CicloZone	8:00pm - 55mins BodyBalance			10:15am - 45mins BodyBalance
	7:00pm - 45mins Aqua Fitness				11:00am - 45mins CicloZone
	7:00pm - 45mins WP Strong				12:00pm - 45mins WP Burn 
	7:30pm - 45mins WP Burn				
	8:00pm - 45mins BodyBalance				

NOTE:

All classes in purple are held in the underground area

