Westpark Fitness Classes - Winter 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am - 45mins Spin	**6:15am - 60mins** Sports Specific Cycling	**6:30am - 45mins** Spin	**6:30am - 50mins** 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 Spin	**9:30am - 45mins** Aqua Fitness	**10:00am - 45mins** Spin	**10:00am - 50mins** BodyPump	**9:30am - 45mins** Cardio Kickboxing	**9:30am - 45mins** Spin (Beginner Friendly)
10:00am - 45mins WP Dance	**10:00am - 50mins** BodyPump	**10:00am - 45mins** WP Strong	**11:00am - 30mins** Core	**10:00am - 30mins** Spin (Beginner Friendly)	**10:15am - 50mins** BodyPump
11:00am - 45mins Yoga for Anxiety	**11:00am - 55mins** BodyBalance	**11:00am - 30mins** Core	**5:30pm - 45mins** WP Strong 💪	**11:00am - 45mins** BodyBalance	**11:15am - 55mins** BodyBalance
1:00pm - 30mins Virtual Aqua Fitness	**12:15pm - 45mins** Cardio Kickboxing	**1:00pm - 30mins** Virtual Aqua Fitness	**6:30pm - 45mins** Spin	**6:30pm - 45mins** WP Burn 🔥	**12:30pm - 45mins** WP Strong
5:30pm - 45mins WP Burn	**1:10pm - 30mins** Core	**4:30pm - 45mins** WP FitCircuit (*Kids*)	**6:30pm - 45mins** Cardio Kickboxing		
6.00pm - 50mins BodyPump	**6:00pm - 50mins** BodyPump	**6:00pm - 45mins** WP Burn	**7:00pm - 45mins** Aqua Fitness		**SUNDAY**
6:30pm - 30mins Virtual Aqua Fitness	**6:30pm - 45mins** Spin	**6:30pm - 45mins** Spin (Beginner Friendly)	**7:30pm - 45mins** WP Dance		**9:00am - 50mins** BodyPump
6:30pm - 45mins Spin (Beginner Friendly)	**7:00pm - 45mins** Aqua Fitness	**6:30pm - 30mins** Virtual Aqua Fitness			**9:00am - 30mins** Virtual Aqua Fitness
7:00pm - 30mins Core	**7:00pm - 45mins** WP Strong	**7:00pm - 50mins** BodyPump			**10:00am - 55mins** BodyBalance
7:45pm - 45mins BodyBalance 🧘	**7:30pm - 45mins** WP Burn	**7:00pm - 45mins** Yoga for Anxiety (Zoom) for the Zoom link e-mail jurate@westpark.ie 🧘			**11:15am - 45mins** WP Strong 💪
	8:00pm - 45mins BodyBalance	**8:00pm - 55mins** BodyBalance			

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