

Westpark Fitness Classes – 2023 Timetable

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	6:30am – 45mins BodyBalance	9:30am – 45mins Aqua Fitness	6:30am – 45mins Coached Lane Swimming	9:00am – 60mins Yoga for Anxiety
10:00am – 45mins Spin	9:30am – 45mins Aqua Fitness	9:30am – 45mins Aqua Fitness	10:00am – 50mins BodyPump	9:30am – 45mins Aqua Fitness	9:30am – 45mins Spin (Beginner Friendly)
10:00am – 45mins WP Dance	10:00am – 50mins BodyPump	10:00am – 45mins Spin	11:00am – 30mins Core	9:30am – 45mins Cardio Kickboxing	10:15am – 50mins BodyPump
11:00am – 45mins Yoga for Anxiety	11:00am – 55mins BodyBalance	10:00am – 45mins WP Strong	5:30pm – 45mins WP Strong 💪	10:00am – 30mins Spin (Beginner Friendly)	11:15am – 55mins BodyBalance
1:00pm – 30mins Virtual Aqua Fitness	12:15pm – 45mins Cardio Kickboxing	11:00am – 30mins Core	6:30pm – 45mins Spin	11:00am – 45mins BodyBalance	12:30pm – 45mins WP Strong
5:30pm – 45mins WP Burn	1:10pm – 30mins Core	1:00pm – 30mins Virtual Aqua Fitness	6:30pm – 45mins Cardio Kickboxing	6:30pm – 45mins WP Burn 🔥	
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 Coached Lane Swimming	8:00pm – 45mins BodyBalance	8:00pm – 55mins BodyBalance 🧘			

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