

Westpark Fitness Classes – 2023 Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am – 45mins WP Strong	6:15am – 60mins Spin	6:30am – 45mins Spin	6:30am – 50mins BodyPump	6:30am – 45mins Coached Lane Swimming	8:30am – 45mins WP Burn
9:30am – 45mins Aqua Fitness	6:30am – 45mins WP Burn	6:30am – 55mins BodyBalance	9:30am – 45mins Aqua Fitness	6:30am – 45mins BodyBalance	9:00am – 45mins 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 – 60mins BodyPump	10:00am – 45mins Spin	11:00am – 45mins Movestrong	9:30am – 45mins Cardio Kickboxing	10:00am – 45mins Well4U Healthy Heart
11:00am – 45mins Yoga for Anxiety	11:10am – 55mins BodyBalance	10:00am – 30mins Core	5:15pm – 45mins WP Strong	10:00am – 30mins Spin (Beginner Friendly)	11:00am – 60mins BodyPump
1:00pm – 30mins Virtual Aqua Fitness	12:15pm – 45mins Cardio Kickboxing	11:00am – 45mins Power Up by TK	6:15pm – 45mins Cardio Kickboxing	10:30am – 30mins Core	
1:10pm – 30mins BodyBalance Flexibility	1:10pm – 45mins Movestrong	1:00pm – 30mins Virtual Aqua Fitness	7:00pm – 45mins Aqua Fitness	11:15am – 55mins BodyBalance	SUNDAY
5:30pm – 45mins WP Burn	6:00pm – 45mins Well4U MetCon	1:10pm – 30mins BodyPump	7:15pm – 45mins WP Dance	6:30pm – 45mins WP Burn	9:00am – 50mins BodyPump
6:00pm – 50mins BodyPump	6:30pm – 45mins Spin	6:00pm – 45mins WP Burn			9:00am – 30mins Virtual Aqua Fitness
6:30pm – 30mins Virtual Aqua Fitness	7:00pm – 45mins Aqua Fitness	6:00pm – 45mins WP Dance			10:00am – 55mins BodyBalance
6:30pm – 45mins Spin (Beginner Friendly)	7:00pm – 45mins Power Up by TK	6:30pm – 45mins Spin			11:15am – 45mins WP Strong
7:00pm – 30mins Core	7:30pm – 45mins WP Burn	6:30pm – 30mins Virtual Aqua Fitness			
7:30pm – 45mins Spin Orientation	8:15pm – 55mins BodyBalance	7:00pm – 50mins BodyPump			
<i>*only held on the last Monday of each month</i>		7:00pm – 45mins Yoga for Anxiety (Zoom)*	<i>*for the Zoom link e-mail jurate@westpark.ie</i>		
7:45pm – 55mins BodyBalance		7:30pm – 30mins Spin (Beginner Friendly)			Purple Tiles = class held in underground
8:00pm – 45mins Coached Lane Swimming		8:00pm – 55mins BodyBalance			Blue Tiles = class held in swimming pool



Note: you must book a class place on the app beforehand