

# Westpark Fitness Classes – 2023 Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am – 45mins WP Strong	6:15am – 60mins Spin	6:30am – 45mins Spin	6:15am – 50mins BodyPump	6:30am – 45mins Coached Lane Swimming	8:10am – 45mins Virtual Spin
9:30am – 45mins Aqua Fitness	6:30am – 45mins WP Burn	6:30am – 55mins BodyBalance	9:30am – 45mins Aqua Fitness	6:30am – 45mins Virtual Spin	8:30am – 45mins WP Burn
10:00am – 45mins Spin	9:30am – 45mins Aqua Fitness	9:30am – 45mins Aqua Fitness	10:00am – 50mins BodyPump	6:30am – 45mins WP Burn	9:00am – 45mins Yoga for Anxiety
10:00am – 45mins WP Dance	10:00am – 60mins BodyPump	10:00am – 45mins Spin	10:30am – 45mins Virtual Aqua Fitness	9:30am – 45mins Aqua Fitness	9:00am – 45mins Virtual Aqua Fitness
10:30am – 45mins Virtual Aqua Fitness	10:30am – 45mins Virtual Aqua Fitness	10:30am – 30mins Core	11:00am – 45mins Movestrong	9:30am – 45mins Cardio Kickboxing	9:30am – 45mins Virtual Spin
11:00am – 45mins Yoga for Anxiety	11:10am – 55mins BodyBalance	10:30am – 45mins Virtual Aqua Fitness	1:10pm – 30mins Core	10:00am – 30mins Virtual Spin (Beginner)	10:00am – 45mins Well4U Healthy Heart
1:00pm – 45mins Virtual Aqua Fitness	12:15pm – 45mins Cardio Kickboxing	1:00pm – 45mins Virtual Aqua Fitness	5:15pm – 45mins WP Strong	10:30am – 45mins Virtual Aqua Fitness	10:30am – 45mins Spin (Beginner Friendly)
1:10pm – 30mins BodyBalance Flexibility	1:10pm – 45mins Movestrong	1:10pm – 30mins BodyPump	6:15pm – 45mins Cardio Kickboxing	10:30am – 30mins Core	11:00am – 60mins BodyPump
5:30pm – 45mins WP Burn	6:00pm – 45mins Well4U MetCon	6:00pm – 45mins WP Burn	6:30pm – 45mins Spin	11:15am – 55mins BodyBalance	<b>SUNDAY</b>
6:00pm – 50mins BodyPump	6:30pm – 45mins Squeeze	6:00pm – 45mins WP Dance	6:30pm – 45mins Squeeze	6:30pm – 45mins WP Strong	8:10am – 45mins Virtual Spin
6:30pm – 45mins Virtual Aqua Fitness	7:00pm – 45mins WP Strong	6:30pm – 45mins Virtual Aqua Fitness	7:00pm – 45mins Aqua Fitness	6:30pm – 45mins Virtual Aqua Fitness	9:00am – 30mins Core
6:30pm – 45mins Spin (Beginner Friendly)	7:00pm – 45mins Aqua Fitness	6:30pm – 45mins Virtual Spin			9:00am – 45mins Virtual Aqua Fitness
7:00pm – 30mins Core	7:30pm – 45mins Spin	7:00pm – 50mins BodyPump			9:45am – 55mins BodyBalance
7:30pm – 45mins Spin Orientation*	7:30pm – 45mins WP Burn	7:00pm – 45mins Zoom Yoga with Jurate  Book your place on the app and use the Zoom code on the booking			11:00am – 45mins WP Strong
7:45pm – 45mins Yoga for Anxiety	8:00pm – 55mins BodyBalance	8:00pm – 55mins BodyBalance			
8:00pm – 45mins Coached Lane Swimming			*only held on the last Monday of each month	Purple Tiles = class held in underground	Blue Tiles = class held in swimming pool