

WESTMINSTER CLASS TIMETABLE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:00 - 21:00		7:00 - 21:00		7:00 - 21:00		7:00 - 21:00		7:00 - 19:00	
12:20 🦶	STRETCH & CORE 30 MINS FITNESS TEAM STUDIO	12:05 🦶	HATHA YOGA 55 MINS MICHAEL STUDIO					12:30 🦶🦶	GYM CIRCUIT 45 MINS FITNESS TEAM GYM FLOOR
13:20 🦶🦶🦶	SPIN 30 MINS FITNESS TEAM SPIN STUDIO	13:20 🦶🦶🦶	BOX CIRCUITS 40 MINS STEPHAN STUDIO	13:20 🦶🦶🦶	CIRCUITS 30 MINS FITNESS TEAM STUDIO	13:20 🦶🦶🦶	TABATA 25 MINS FITNESS TEAM STUDIO	13:20 🦶🦶	ABSOLUTE ABS 20 MINS FITNESS TEAM STUDIO
17:05 🦶🦶	RAISE THE BAR 30 MINS FITNESS TEAM STUDIO	17:30 🦶🦶🦶	HIIT 30 MINS FITNESS TEAM STUDIO	17:30 🦶🦶🦶	SPIN 30 MINS FITNESS TEAM SPIN STUDIO	17:30 🦶🦶🦶	HIIT 30 MINS FITNESS TEAM STUDIO		
17:45 🦶	PILATES 50 MINS ANDREW STUDIO	18:00 🦶🦶	ABSOLUTE ABS 20 MINS FITNESS TEAM STUDIO						

GENERAL INFORMATION

In the interest of your safety, all classes include a warm-up and cool down section to help reduce the risk of injuries. Anyone missing the warmup, or the first 5 minutes of the class will not be admitted. Injuries can also be sustained through wearing incorrect footwear, so please ensure footwear is appropriate. Please check with the class instructor that the class level is suitable for your fitness level.

IF YOU KNOW OF ANY MEDICAL REASON WHICH MAY AFFECT YOU DURING EXERCISE, HOWEVER SMALL, PLEASE INFORM YOUR INSTRUCTOR BEFOREHAND.

STRENGTHENING
CARDIO-VASCULAR
HOLISTIC
SPIN