

## WESTMINSTER CLASS TIMETABLE

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

### GENERAL INFORMATION

**In the interest of your safety**, all classes include a warmup 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.**

<b>STRENGTHENING</b>
<b>CARDIO-VASCULAR</b>
<b>HOLISTIC</b>
<b>SPIN</b>