Westcare HEALTH AND FITNESS

GROUP CLASS TIMETABLE

Westcare HEALTH AND FITNESS

MON	TUES	WED	THUR	FRI	SAT
				FUNCITONAL 9:00AM - 9:30AM	BODY STRENGTH 9:00AM - 9:30AM
		BALANCE 4:00PM - 4:30PM		RELEASE 9:35AM - 10:05AM	BOXING 9:35AM - 10:05AM
		OVER 50'S CIRCUIT 4:30PM - 5:00PM			RELEASE 10:10AM - 10:40AM
CORE STRENGTH 5:55PM - 6:25PM	THERABAND 6:00PM - 6:30PM	CIRCUIT 6:00PM - 6:30PM	BOXING 6:00PM - 6:30PM		
BOXING 6:30PM - 7:00PM	HIIT 6:35PM - 7:05PM	RELEASE 6:35PM - 7:05PM			
RELEASE 7:05PM - 7:35PM					