

The Women's Gym Whitefield Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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17:00-17:30
The Women's Gym Welcome



06:30-07:15
Functional Circuits

11:00-11:30
The Women's Gym Welcome

12:30-13:00
L.B.T

17:00-17:30
The Women's Gym Welcome

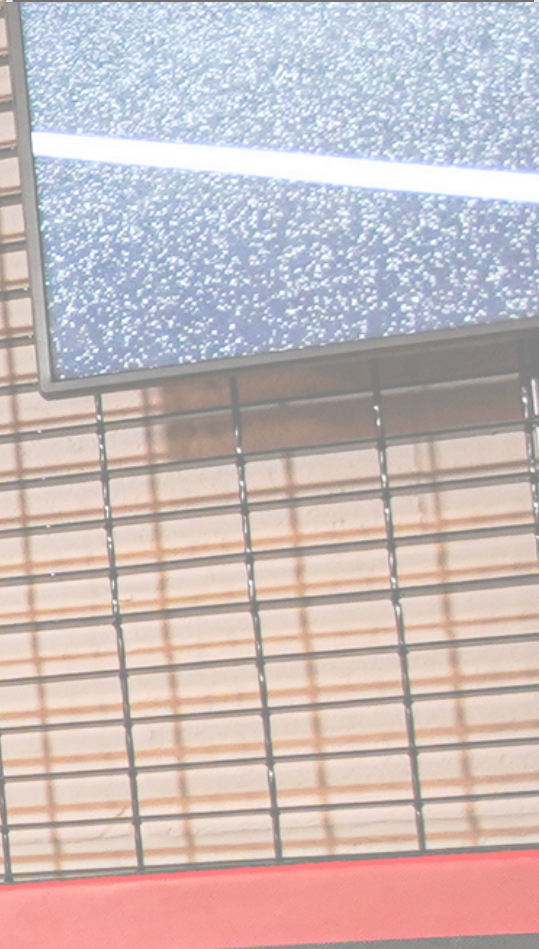
18:00-18:30
The Women's Gym Welcome

17:00-17:30
The Women's Gym Welcome

17:45-18:15
The Women's Gym Welcome

19:00-20:00
Functional Circuits

11:00-11:30
The Women's Gym Welcome



Last updated: April 2025

Please note that weekly class timetables are subject to change.

