

# The Women's Gym Whitefield Class Timetable

## Monday

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

**19:00-20:00**  
Functional Circuits

## Tuesday

## Wednesday

**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

## Thursday

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

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

**19:00-20:00**  
Functional Circuits

## Friday

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

## Saturday

## Sunday

**08:30-09:00**  
The Women's Gym Welcome

**09:30-10:00**  
The Women's Gym Welcome

**10:30-11:30**  
H.I.I.T

Last updated: February 2025

Please note that weekly class timetables are subject to change.

