



WEST LONDON
ISLAMIC CENTRE

OPENING
MONDAY 29TH JUNE
FREE GYM ONLY INTRO
SESSIONS AT SET TIMES
FROM MON 29TH JUNE
TO SAT 4TH JULY



GYM & FITNESS CENTRE CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
MORNING	Brothers Gym 11am-1pm (Age 16+)	-----	Sisters Gym 11am-1pm (Age 16+)	-----	Sisters Thai Boxing 11am-1pm & Brothers Gym 2pm-4pm (Age 16+)	Boys Boxing 11am-12pm & Brothers Boxing 12pm-2pm
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
EVENING	Sisters Gym 6pm-8pm (Age 16+)	Brothers Gym 6pm-8pm (Age 16+)	Boys Boxing 6pm-7pm & Brothers Boxing 7pm-9pm	Boys BJJ 6-7pm & Brother's BJJ 7pm-8.30pm [STARTS JULY]	Boys BJJ 6-7pm & Brother's BJJ 7pm-8.30pm [STARTS JULY]	-----

- * All are welcome, WLIC gym rules will apply. Classes will be fully supervised by personal trainers & training staff.
- * Normal class fees £5 per session. Gym users will require the completion of a health form and gym user agreement.
- * Age restrictions and parent supervision for specific classes will apply. Class times maybe modified depending on staff availability & BST.



UKIM West London Islamic Centre, Singapore Road, W13 0SQ



wliconline.org



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