WEST LONDON ISLAMIC CENTRE



GYM & FITNESS CENTRE CLASS TIMETABLE

The Prophet Muhammad (pbuh) said: "A strong believer is better and more beloved to Allah (swt) than a weak believer, while there is good in both..." [Sahih Muslim]

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
MORNING	Sisters Gym 3pm-5pm (Age 16+)	----------	Sisters Gym 11am-1pm (Age 16+)	----------	Sisters Thai Boxing 10.30am-12.30pm Brothers Gym 2pm-4pm (Age 16+)	Brothers Boxing 11.30am-1.30pm Juniors Boxing 1.30pm-2.30pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
EVENING	Boys BJJ 5.30-6.30pm & Brothers BJJ 6.30pm -8pm	Brothers Gym 6pm-8pm (Age 16+)	Juniors Boxing 6pm-7pm & Brothers Boxing 7pm-9pm	----------	Boys BJJ 5.30-6.30pm & Brothers BJJ 6.30pm -8pm	----------

* All are welcome, WLIC gym rules apply. Classes 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 apply. Class times maybe modified depending on staff availability & BST.