

# GROUP FITNESS CLASS SCHEDULE BEGINS MONDAY 6<sup>TH</sup> FEBRUARY



## MONDAY

MORNING			
07.00	CX WORX	30min	S1
07.30	Sprint/Spin HIIT	30min	Cycle
10.00	The TRIP	40min	Cycle
11.15	Young@Heart	40min	S1
EVENING			
15.00	RPM Virtual	45min	Cycle
17.45	CX WORX	30min	S1
18.15	RPM / Spin	45min	Cycle
18.15	BodyPump	60min	S1
19.15	Gravity Pilates	45min	G
19.15	The TRIP	40min	Cycle
19.20	BodyAttack Xpress	45min	S1
20.05	BodyBalance	60min	S1
21.10	Virtual Bike Set Up	5min	Cycle
21.15	RPM Virtual	30min	Cycle

## TUESDAY

MORNING			
06.10	Virtual Bike Set Up	5min	Cycle
06.15	RPM Virtual	45min	Cycle
07.00	BootCamp	45min	S1
10.00	BodyPump	60min	S1
11.15	Gravity Pilates	45min	G
AFTERNOON			
13.00	The TRIP	40min	Cycle
EVENING			
16.00	RPM Virtual	30min	Cycle
18.15	Gravity Strength	45min	G
18.15	Kettlebells	30min	S1
18.30	Sprint/Spin HIIT	30min	Cycle
18.45	CX WORX	30min	S1
19.15	Zumba	45min	S1
19.15	RPM / Spin	45min	Cycle
20.00	BodyPump	60min	S1
20.30	RPM Virtual	45min	Cycle

## WEDNESDAY

MORNING			
06.30	RPM Virtual	30min	Cycle
07.00	BodyPump	45min	S1
10.00	BodyBalance	60min	S1
11.15	Young@Heart	40min	S1
AFTERNOON			
13.00	CX WORX	30min	S1
13.30	Sprint/Spin HIIT	30min	Cycle
EVENING			
15.00	RPM Virtual	45min	Cycle
17.45	CX WORX	30min	S1
18.15	The TRIP	40min	Cycle
18.15	BodyPump	60min	S1
19.15	RPM Spin	45min	Cycle
19.20	BodyAttack	45min	S1
20.05	BodyBalance	60min	S1
21.00	RPM Virtual	30min	Cycle

**S1 = Studio 1**

**Cycle = Bike Studio**

**G = Gravity Studio**

## THURSDAY

MORNING			
07.00	The TRIP	40min	Cycle
10.00	BodyPump	60min	S1
AFTERNOON			
13.00	Sprint/Spin HIIT	30min	Cycle
13.30	Kettlebells	30min	S1
EVENING			
15.55	Virtual Bike Set Up	5min	Cycle
16.00	RPM Virtual	45min	Cycle
18.00	Begin to Spin	15min	Cycle
18.15	Spin / RPM	45min	Cycle
19.00	Gravity Strength	45min	G
19.45	Intro to BodyBalance	15min	S1
20.00	BodyBalance	60min	S1
20.25	Virtual Bike Set Up	5min	Cycle
20.30	RPM Virtual	45min	Cycle

## FRIDAY

MORNING			
06.10	Virtual Bike Set Up	5min	Cycle
06.15	RPM Virtual	30min	Cycle
07.00	Kettlebells	45min	S1
10.00	BodyBalance	60min	S1
11.00	Intro Gravity Pilates	15min	G
11.15	Gravity Pilates	45min	G
13.00	RPM Virtual	30min	Cycle
EVENING			
15.00	RPM Virtual	30min	Cycle
18.15	Sprint/Spin HIIT	30min	Cycle
18.15	Gravity Pilates	45min	G
18.45	Kettlebells	30min	S1
19.15	Intro to BodyPump	15min	S1
19.30	BodyPump	60min	S1
20.30	RPM Virtual	45min	Cycle

## SATURDAY

MORNING			
9.45	CX WORX	30min	S1
10.15	RPM / Spin	45min	Cycle
11.00	BodyPump	60min	S1
12.00	BodyBalance	60min	S1
13.55	Virtual Bike Set Up	5min	Cycle
14.00	RPM Virtual	30min	Cycle
EVENING			
16.30	The TRIP	40min	Cycle
17.15	Gravity Strength	45min	G
19.00	RPM Virtual	45min	Cycle

## SUNDAY

MORNING			
10.00	The TRIP	40min	Cycle
10.45	BodyPump	60min	S1
11.50	BodyAttack	45min	S1
14.00	RPM Virtual	45min	Cycle
EVENING			
16.30	CX WORX	30min	S1
17.00	BodyBalance	60min	S1
18.55	Virtual Bike Set Up	5min	Cycle
19.00	RPM Virtual	30min	Cycle

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This includes 3 FREE consultations with one of our personal Trainers

Complete 6 weeks of classes specially picked to help you reach your goals and get a free West Wood Shaker bottle, Lanyard and Wristband!

Book your appointment at reception or gym desk