

LIVE
CLASSES

FROM 24TH SEPTEMBER

WEST WOOD CLUB SANDYMOUNT

MONDAY

07.00	CXWORX	30min	S1
07.30	Sprint	30min	Cycle
10.00	The TRIP	45min	Cycle
11.15	Young@Heart Flex	40min	S1
17.45	CXWORX	30min	S1
18.20	RPM	45min	Cycle
18.20	BodyPump	60min	S1
19.15	The TRIP	45min	Cycle
19.30	BodyAttack	45min	S1
20.15	BodyBalance	60min	S1

TUESDAY

07.00	Boot Camp	45min	S1
10.00	BodyPump	60min	S1
11.15	Gravity Pilates	45min	G
13.00	The TRIP	45min	Cycle
17.45	Sprint	30min	S1
18.15	Kettlebells	30min	S1
18.30	Gravity Strength	45min	G
18.45	CXWORX	30min	S1
19.20	RPM	45min	Cycle
19.20	Zumba	45min	S1
20.10	BodyPump	60min	S1

WEDNESDAY

07.00	BodyPump	45min	S1
10.00	BodyBalance	60min	S1
11.15	Young@Heart	40min	S1
13.00	CXWORX	30min	S1
13.30	Sprint	30min	Cycle
17.45	CXWORX	30min	S1
18.15	The TRIP	45min	Cycle
18.20	BodyPump	60min	S1
19.20	Sprint	30min	Cycle
20.00	BodyBalance	60min	S1

THURSDAY

07.00	The TRIP	45min	Cycle
10.00	BodyPump	60min	S1
11.15	Young@Heart Flex	40min	S1
13.00	Sprint	30min	Cycle
13.30	Kettlebells	30min	S1
18.00	Intro to RPM	15min	Cycle
18.15	RPM	45min	Cycle
19.00	Gravity Strength	45min	G
19.00	BodyAttack	45min	S1
19.45	BodyBalance Intro	15min	S1
20.00	BodyBalance	60min	S1

FRIDAY

07.00	Kettlebells	45min	S1
10.00	BodyBalance	60min	S1
11.00	Gravity Pilates Intro	15min	G
11.15	Gravity Pilates	45min	G
18.15	Sprint	30min	Cycle
18.45	Kettlebells	30min	S1
19.15	BodyPump Intro	15min	S1
19.30	BodyPump	60min	S1

SATURDAY

09.30	CXWORX	30min	S1
10.00	Intro to RPM	15min	Cycle
10.15	RPM	45min	Cycle
11.10	BodyPump	60min	S1
12.20	BodyBalance	60min	S1
16.30	The TRIP	45min	Cycle
17.15	Gravity Strength	45min	G

SUNDAY

10.00	The TRIP	45min	Cycle
11.00	BodyPump	60min	S1
16.30	CXWORX	30min	S1
17.00	BodyBalance	60min	S1

S1 = Studio 1
G = Gravity Studio
Cycle = Bike Studio

Try our New 6 week Class Challenge

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



WEST WOOD

C · L · U · B