

# LIVE CLASSES

# FROM 4TH FEBRUARY

WEST WOOD CLUB SANDYMOUNT

## MONDAY

07.00	CXWORX	30min	S1
07.30	Sprint/Spin HIIT	30min	Cycle
10.00	The TRIP	45min	Cycle
11.15	Young@Heart Flex	45min	S1
17.45	CXWORX	30min	S1
18.15	RPM/Spin	45min	Cycle
18.15	BodyPump	60min	S1
19.15	The TRIP	45min	Cycle
19.20	BodyAttack	45min	S1
20.05	BodyBalance	60min	S1

## TUESDAY

07.00	RPM/Spin	45min	Cycle
10.00	BodyPump	60min	S1
11.15	Gravity Pilates	45min	G
13.00	The TRIP	45min	Cycle
17.45	Sprint/Spin HIIT	30min	Cycle
18.00	Intro Gravity Strength	15min	G
18.15	Gravity Strength	45min	G
18.15	Kettlebells	30min	S1
18.45	CXWORX	30min	S1
19.15	Zumba	45min	S1
19.15	RPM/Spin	45min	Cycle
20.05	BodyPump	60min	S1

## WEDNESDAY

07.00	BodyPump	60min	S1
10.00	BodyBalance	60min	S1
11.15	Young@Heart	45min	S1
13.00	Sprint/Spin HIIT	30min	Cycle
13.30	Kettlebells	30min	S1
17.45	CXWORX	30min	S1
18.15	The TRIP	45min	Cycle
18.15	BodyPump	60min	S1
19.15	Sprint/Spin HIIT	30min	Cycle
19.20	BodyAttack	30min	S1
20.00	BodyBalance	45min	S1

## THURSDAY

07.00	The TRIP	45min	Cycle
09.45	BodyPump Intro	15min	S1
10.00	BodyPump	60min	S1
13.00	Boot Camp	45min	S1
18.00	Begin to Spin	15min	Cycle
18.15	RPM/Spin	45min	Cycle
18.15	BodyAttack	45min	S1
19.00	Gravity Strength	45min	G
19.45	BodyPump Intro	15min	S1
20.00	BodyPump	45min	S1

## FRIDAY

07.00	Kettlebells	45min	S1
09.45	BodyBalance Intro	15min	S1
10.00	BodyBalance	60min	S1
11.00	Intro Gravity Pilates	15min	G
11.15	Gravity Pilates	45min	G
18.15	The TRIP	45min	Cycle
19.00	Kettlebells	45min	S1
19.45	BodyBalance Intro	15min	S1
20.00	BodyBalance	45min	S1

## SATURDAY

09.45	CXWORX	30min	S1
10.15	RPM/Spin	45min	Cycle
11.00	BodyPump	60min	S1
12.05	BodyBalance	60min	S1
16.15	Gravity Strength	45min	G
17.00	The TRIP	45min	Cycle

## SUNDAY

10.00	The TRIP	45min	Cycle
10.50	BodyPump	60min	S1
12.00	Gravity Pilates	45min	G
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