

# LIVE

# CLASSES FROM 1ST NOV'

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	40min	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 Xpress	45min	S1
20.05	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/Spin HIIT	30min	S1
18.15	Gravity Strength	45min	G
18.15	Kettlebells	30min	S1
18.45	CXWORX	30min	S1
19.15	RPM/Spin	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/Spin HIIT	30min	Cycle
17.45	CXWORX	30min	S1
18.15	The TRIP	45min	Cycle
18.15	BodyPump	60min	S1
19.15	Sprint	30min	Cycle
19.20	BodyAttack	45min	S1
20.10	BodyBalance	60min	S1

## THURSDAY

07.00	The TRIP	45min	Cycle
10.00	BodyPump	60min	S1
13.00	Sprint/Spin HIIT	30min	Cycle
13.30	Kettlebells	30min	S1
18.00	Begin to Spin	15min	Cycle
18.15	Spin/RPM	45min	Cycle
19.00	Gravity Strength	45min	G
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/Spin HIIT	30min	Cycle
18.45	Kettlebells	30min	S1
19.15	BodyPump Intro	15min	S1
19.30	BodyPump	60min	S1

## SATURDAY

9.45	CXWORX	30min	S1
10.15	RPM / Spin	45min	Cycle
11.05	BodyPump	60min	S1
12.10	BodyBalance	60min	S1
16.30	The TRIP	45min	Cycle
17.15	Gravity Strength	45min	G

## SUNDAY

10.00	The TRIP	45min	Cycle
10.45	BodyPump	60min	S1
11.50	Kettlebells	30min	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