

LIVE CLASSES

FROM 1ST OCTOBER

WEST WOOD CLUB CLONTARF RD

MONDAY

06.30	RPM	45min	Cycle
09.00	LM Tone	30min	LME
09.35	BodyPump	60min	LME
10.00	Aqua Fit**	40min	Pool
10.35	Gravity Pilates*	45min	G
10.40	RPM	45min	Cycle
11.30	BodyBalance	60min	LME
13.15	Sprint/HIIT	30min	Cycle
16.00	Juniorcise	30min	LME
17.00	BodyBalance	45min	LME
17.10	Kettlebells	30min	Box
17.45	BodyAttack	45min	LME
18.00	Sprint/HIIT	30min	Cycle
18.30	Gravity Pilates*	45min	G
18.35	BodyPump	60min	LME
18.45	The TRIP	45min	Cycle
19.20	BoxFit	40min	Box
19.40	CX WORX	30min	LME
19.45	Sprint/HIIT	30min	Cycle
20.00	Aqua Blast	30min	Pool
20.00	Intro Grit	15min	Box
20.15	Grit	30min	Box
20.15	BodyBalance	60min	LME

TUESDAY

06.20	Grit	30min	Box
07.00	Sprint/HIIT	30min	Cycle
09.00	Rig Circuits	30min	GD
09.35	BodyAttack	45min	LME
10.20	CXWORX	30min	LME
10.50	Intro Kettlebells	10min	Box
11.00	Kettlebells	40min	Box
11.00	Young @ Heart	40min	LME
12.00	Aqua Fit**	45min	Pool
13.15	BodyPump	45min	LME
14.05	BodyBalance	45min	LME
16.25	CX WORX	30min	LME
17.00	LM Tone	45min	LME
17.45	BodyBalance	45min	LME
17.50	Sprint/HIIT	30min	Cycle
17.50	Gravity Intro*	10min	G
18.00	Gravity Strength*	30min	G
18.30	BodyAttack	60min	LME
18.30	Kettlebells	30min	Box
18.35	RPM	45min	Cycle
19.00	Gravity Pilates*	45min	G
19.00	Master Swim	90min	Pool
19.15	Rig Circuits	30min	GD
19.40	BodyPump	45min	LME
20.00	BoxFit	40min	Box
20.30	Sh'Bam	45min	LME

WEDNESDAY

06.30	The TRIP	45min	Cycle
07.20	BodyBalance	30min	LME
09.10	LM Tone	30min	LME
09.45	BodyPump	45min	LME
10.00	AquaFit**	45min	Pool
10.35	Sprint/HIIT	30min	Cycle
11.10	Sh'bam	45min	LME
12.00	BodyBalance	60min	LME
13.10	RPM	45min	Cycle
15.45	Gravity Pilates*	45min	G
17.10	CXWORX	30min	LME
17.40	LM Tone	30min	LME
17.45	Sprint/HIIT	30min	Cycle
18.15	BodyPump	45min	LME
18.20	Intro to Grit	10min	Box
18.30	Grit	30min	Box
18.30	Gravity Pilates*	45min	G
19.05	The TRIP	45min	Cycle
19.10	BodyAttack	45min	LME
19.25	Kettlebells	30min	Box
20.00	Aqua Fit	45min	Pool
20.00	CXWORX	30min	LME
20.30	BodyBalance	60min	LME

THURSDAY

06.20	BodyPump	45min	LME
07.15	Sprint/HIIT	30min	Cycle
09.35	The TRIP	45min	Cycle
10.25	BodyBalance	30min	LME
11.00	CXWORX	30min	LME
11.35	Young @ Heart	40min	LME
11.40	Kettlebells	30min	Box
12.20	Gravity Pilates*	45min	G
12.30	Aqua Fit**	45min	Pool
13.15	Sprint/HIIT	30min	Cycle
13.50	Gravity Strength*	30min	G
16.00	Rig Circuit	40min	GD
16.00	Juniorcise	30min	LME
17.45	BodyBalance	45min	LME
17.50	Intro to Grit	10min	Box
18.00	Grit	30min	Box
18.30	LM Tone	45min	LME
18.35	RPM	45min	Cycle
18.50	Gravity Strength*	30min	Box
19.00	Master Swimming	90min	Pool
19.25	CX WORX	30min	LME
19.30	BoxFit	40min	Box
20.00	BodyPump	30min	LME
20.30	BodyAttack	30min	LME

FRIDAY

06.30	RPM	45min	Cycle
07.20	Kettlebells	30min	Box
09.00	BoxFit	30min	Box
09.30	BodyAttack	45min	LME
10.00	Aqua Fit**	45min	Pool
10.20	BodyPump	45min	LME
11.10	BodyBalance	60min	LME
13.15	The TRIP	45min	Cycle
16.20	Intro to Grit	10min	Box
16.30	Grit	30min	Box
17.10	Sprint/HIIT	30min	Cycle
17.45	BodyPump	45min	LME
18.35	The TRIP	45min	Cycle
18.40	Sh'Bam	45min	LME
19.30	CXWORX	30min	LME
20.00	BodyBalance	60min	LME

SATURDAY

09.00	Kettlebells	30min	Box
09.30	Intro to Grit	10min	Box
09.40	Grit	30min	Box
10.00	BodyAttack	60min	LME
10.30	Sprint/HIIT	30min	Cycle
11.05	CXWORX	30min	LME
11.15	The TRIP	45min	Cycle
12.00	BodyPump	45min	LME
12.00	Aqua Fit**	45min	Pool
12.50	BodyBalance	45min	LME
16.00	Juniorcise	30min	GD
16.35	Rig Circuits	30min	GD
17.10	The TRIP	45min	Cycle
18.00	BodyBalance	45min	LME

SUNDAY

09.30	Rig Circuits	40min	G
10.00	RPM/Spin	45min	Cycle
10.20	Intro BodyPump	15min	LME
10.35	BodyPump	60min	LME
11.40	LM Tone	30min	LME
11.40	Sprint/HIIT	30min	Cycle
12.15	CXWORX	30min	LME
12.45	BodyAttack	30min	LME
13.20	BodyBalance	60min	LME
16.10	Sh'Bam	45min	LME
17.00	Sprint/HIIT	30min	Cycle
17.35	CXWORX	30min	LME

LME Les Mills Experience

Cycle Bike Studio

G Gravity Studio

Box BoxFit Studio

GD Gym Desk

WW
WEST WOOD
C · L · U · B

* = Limited Spaces
Please book your place in person or by phone on the day of the class.

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