



WEST WOOD

C · L · U · B

# LEOPARDSTOWN



## Happy Easter!

### MONDAY 17TH APRIL

#### Club Opening Hours

9am - 9pm (facilities close at 8:30pm)

Time	Class	Duration	Location	Type
09:45	RPM	45 mins	CS	Live
09:45	Les Mills Sh'Bam	45 mins	LMS	Live
10.35	Finess By Light	40 mins	FBL	Live
10.35	BodyPump	60 mins	LMS	Live
11.40	BodyAttack	30 mins	LME	Live
12.15	CXWORX	30 mins	LMS	Live
12.50	BodyBalance	60 mins	LME	Live
14.00	BodyCombat	60 mins	LMS	Virtual
15.05	CXWORX	30 mins	LMS	Virtual
15.40	Les Mills Sh'Bam	45 mins	LMS	Virtual
16.30	Kettlebells	30 mins	FN	Live
17.05	Finess By Light	40 mins	FBL	Live
17.50	Sprint	30 mins	CS	Live
18.30	BodyCombat	60 mins	LMS	Virtual
19.35	CXWORX	30 mins	LMS	Virtual
10.30	AquaFit	45 mins	Pool	Live

CS = Cycle Studio   LMS = Les Mills Studio   FN = Functional Studio   FBL = Fitness By Light