



WEST WOOD CLUB LEOPARDSTOWN

BANK HOLIDAY MONDAY 30TH OCTOBER

Dress up with the Leopardstown trainer team!

Club Opening Hours

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

10:00am	BodyPump	60 min's	LMS
10:00am	Kettlebells	30 min's	Box
10:30am	AquaFit	45 min's	Pool
10:35am	Fitness By Light	30 min's	FBL
11:05pm	Les Mills Sh'Bam	45 min's	MBS
11:05pm	BodyAttack	60 min's	LMS
11:10pm	RPM	45 min's	Cycle
12:10pm	BodyBalance	60 min's	LMS
4:30pm	Les Mills SPRINT	30 min's	Cycle
5:05pm	Les Mills GRIT	30 min's	LMS
5:40pm	CXWORX	30 min's	LMS

Prizes for the best costumes!