



WEST WOOD

C · L · U · B



MAY

Bank Holiday Classes

LEOPARDSTOWN MONDAY 1ST MAY

Club Opening Hours

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

9:30	BodyAttack	60 mins	LMS	Live
9:45	RPM	45 mins	CS	Live
10:35	Fitness By Light	40 mins	FBL	Live
10:35	BodyPump	60 mins	LMS	Live
11:45	CXWORX	30 mins	LMS	Live
12:20	BodyBalance	60 mins	LMS	Live
13:30	BodyCombat	60 mins	LMS	Virtual
14:35	CXWORX	30 mins	LMS	Virtual
15:15	Les Mills Sh'Bam	45 mins	LMS	Virtual
16:10	Fitness By Light	40 mins	FBL	Live
17:00	RPM	45 mins	CS	Live
17:50	Kettlebells	30 mins	LMS	Live
18:30	BodyBalance	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