

# TEEN & FAMILY

# FROM 1ST OCTOBER

WEST WOOD CLUB CLONTARF RD

## MONDAY

06.30	RPM	45min	Cycle	13+
09.00	LM Tone	30min	LME	13+
10.40	RPM	45min	Cycle	13+
11.30	BodyBalance	60min	LME	13+
13.15	Sprint/HIIT	30min	Cycle	13+
16.00	Juniorcise	30min	LME	6+
17.00	BodyBalance	45min	LME	13+
17.10	Kettlebells	30min	Box	13+
17.45	BodyAttack	45min	LME	13+
18.00	Sprint/HIIT	30min	Cycle	13+
18.45	The TRIP	45min	Cycle	13+

## TUESDAY

07.00	Sprint/HIIT	30min	Cycle	13+
09.00	Rig Circuits	30min	GD	13+
09.35	BodyAttack	45min	LME	13+
10.20	CXWORX	30min	LME	13+
10.50	Intro Kettlebells	10min	Box	13+
11.00	Kettlebells	40min	Box	13+
14.05	BodyBalance	45min	LME	13+
16.25	CX WORX	30min	LME	13+
17.00	LM Tone	45min	LME	13+
17.45	BodyBalance	45min	LME	13+
17.50	Sprint/HIIT	30min	Cycle	13+

## WEDNESDAY

06.30	The Trip	45min	Cycle	13+
07.20	BodyBalance	30min	LME	13+
09.10	LM Tone	30min	LME	13+
10.35	Sprint/HIIT	30min	Cycle	13+
11.10	Sh'Bam	45min	LME	13+
12.00	BodyBalance	60min	LME	13+
13.10	RPM	45min	Cycle	13+
17.10	CXWORX	30min	LME	13+
17.40	LM Tone	30min	LME	13+
17.45	Sprint/HIIT	30min	Cycle	13+

## THURSDAY

07.15	Sprint/HIIT	30min	Cycle	13+
09.35	The Trip	45min	Cycle	13+
10.25	BodyBalance	30min	LME	13+
11.00	CXWORX	30min	LME	13+
11.40	Kettlebells	30min	Box	13+
13.15	Sprint/HIIT	30min	Cycle	13+
16.00	Juniorcise	30min	LME	6+
16.00	Rig Circuits	40min	GD	13+
17.45	BodyBalance	45min	LME	13+
18.30	LM Tone	45min	LME	13+
18.35	RPM	45min	Cycle	13+

## FRIDAY

06.30	RPM	45min	Cycle	13+
07.20	Kettlebells	30min	Box	13+
09.00	BoxFit	30min	Box	13+
09.30	BodyAttack	45min	LME	13+
11.10	BodyBalance	60min	LME	13+
13.15	The TRIP	45min	Cycle	13+
17.10	Sprint/HIIT	30min	Cycle	13+
18.35	The Trip	45min	Cycle	13+
18.40	Sh'Bam	45min	LME	13+

## SATURDAY

09.00	Kettlebells	30min	Box	13+
10.00	BodyAttack	60min	LME	13+
10.30	Sprint/HIIT	30min	Cycle	13+
11.05	CXWORX	30min	LME	13+
12.50	BodyBalance	60min	LME	13+
16.00	Juniorcise	30min	GD	6+
16.35	Rig Circuits	30min	GD	13+
17.10	The TRIP	45min	Cycle	13+
18.00	BodyBalance	45min	LME	13+

## SUNDAY

09.30	Rig Circuits	40min	GD	13+
09.45	RPM	45min	Cycle	13+
11.35	LM Tone	30min	LME	13+
11.40	Sprint/HIIT	30min	Cycle	13+
12.15	CXWORX	30min	LME	13+
12.45	BodyAttack	30min	LME	13+
13.20	BodyBalance	60min	LME	13+
16.10	Sh'Bam	45min	LME	13+
17.00	Sprint/HIIT	30min	Cycle	13+
17.35	CXWORX	30min	LME	13+

**Teen & Family Gym:** (13-15yrs : 6am - 7:30pm) Book your free teen programme to use in our teen gym.  
(10-12yrs : 6am - 7:30pm) Use of teen & family gym when supervised by a legal guardian (West Wood member 18+).

**Climbing Wall:** Open weekdays from 4pm - 10pm. Weekends 1-7pm. Everyone from age 4+ can try it.  
All under 18's need to have a parental consent form signed before they can climb.

**Swimming:** (Charge €) Teen lessons available. Enquire at reception.

**Tennis Lessons:** (Charge €) 5 days per week ~ 7-14 years

**Adventure Zone:** 1:30pm - 7pm Monday - Friday / 9:30am - 7pm Saturday & Sunday