

TEEN & FAMILY

FROM 19TH NOVEMBER

WEST WOOD CLUB LEOPARDSTOWN

MONDAY

06.30	RPM	45min	Cycle	13+
09.45	BodyAttack	45min	LME	13+
09.45	RPM	45min	Cycle	13+
09.45	Fitness By Light	40min	FBL	13+
10.35	BodyPump	45min	LME	13+
13.10	CX WORX	30min	LME	13+
17.45	Les Mills Sprint	30min	LME	13+
17.45	BodyBalance	45min	LME	13+
18.30	RPM	45min	LME	13+
18.35	BodyPump	45min	LME	13+

TUESDAY

07.10	Les Mills Sprint	30min	Cycle	13+
09.30	BodyAttack	30min	LME	13+
09.30	Les Mills Sprint	30min	Cycle	13+
10.05	Les Mills Sh'Bam	45min	LME	13+
10.05	Fitness By Light	30min	FBL	13+
10.55	CX WORX	30min	LME	13+
11.30	BodyBalance	60min	LME	13+
18.00	BodyPump	60min	LME	13+
18.30	RPM	45min	Cycle	13+

WEDNESDAY

06.30	BodyPump	45min	LME	13+
07.20	BodyBalance	30min	LME	13+
09.45	RPM	45min	Cycle	13+
10.35	Fitness By Light	40min	FBL	13+
10.35	BodyPump	60min	LME	13+
13.10	Les Mills Sprint	30min	Cycle	13+
17.30	Les Mills Sprint	30min	Cycle	13+
18.45	CXWORX	30min	LME	13+
18.45	RPM	45min	Cycle	13+

THURSDAY

06.30	BodyBalance	60min	MBS	13+
07.10	Les Mills Sprint	30min	Cycle	13+
09.30	Les Mills Sprint	30min	Cycle	13+
09.30	BodyAttack	30min	LME	13+
09.45	Les Mills Sh'Bam	45min	MBS	13+
10.40	CX WORX	30min	LME	13+
11.15	BodyBalance	60min	LME	13+
18.00	BodyPump	60min	LME	13+
18.30	Les Mills Sprint	30min	Cycle	13+

FRIDAY

06.30	RPM	45min	Cycle	13+
09.45	BodyAttack	45min	LME	13+
10.35	Fitness By Light	40min	FBL	13+
10.35	BodyPump	45min	LME	13+
18.00	Les Mills Sprint	30min	Cycle	13+
18.00	BodyAttack	30min	LME	13+

SATURDAY

10.15	Fitness By Light	40min	FBL	13+
11.05	BodyAttack	60min	LME	13+
11.10	RPM	45min	Cycle	13+
12.05	CX WORX	30min	LME	13+
12.40	BodyBalance	60min	LME	13+
16.10	RPM	45min	Cycle	13+
17.35	CX WORX	30min	LME	13+

LME Les Mills Experience

FBL Fitness By Light

Cycle Bike Studio

MBS Mind & Body Studio

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 parent (West Wood member 18+).

Swim & Tennis Academy Available: Enquire at reception.

Adventure Zone: (4-12yrs) 3pm - 6pm Monday - Friday / 9:45am - 6pm Saturday & Sunday.

SUNDAY

11.05	BodyAttack	30min	LME	13+
11.10	RPM	45min	Cycle	13+
11.40	CX WORX	30min	LME	13+
12.15	BodyBalance	60min	Cycle	13+
16.50	Les Mills Sprint	30min	Cycle	13+