

# Teen Class Schedule

COMMENCING MONDAY 4TH SEPTEMBER

## MONDAY

6.30	RPM	45min	Cycle	13+
9.30	BodyAttack	60min	LMS	13+
9.45	RPM	45min	Cycle	13+
9.45	Fitness By Light*	40min	FBL	13+
10.35	BodyPump	60min	LMS	13+
13.10	CXWORX	30min	LMS	13+
13.45	BodyBalance	30min	LMS	13+
16.00	Fitness By Light*	30min	FBL	13+
17.45	Les Mills Sprint	30min	Cycle	13+
17.45	BodyBalance	45min	LMS	13+
18.30	RPM	45min	Cycle	13+
18.35	BodyPump	45min	LMS	13+

## TUESDAY

7.10	Les Mills Sprint	30min	Cycle	13+
9.30	BodyAttack	30min	LMS	13+
9.30	Les Mills Sprint	30min	Cycle	13+
9.45	Les Mills Sh'Bam	45min	MBS	13+
10.05	Fitness By Light*	30min	FBL	13+
10.40	CXWORX	30min	LMS	13+
11.15	BodyBalance	60min	LMS	13+
16.00	Fitness By Light*	30min	FBL	13+
18.00	BodyPump	60min	LMS	13+
18.30	RPM	45min	Cycle	13+

## WEDNESDAY

6.30	BodyPump	45min	LMS	13+
7.20	BodyBalance	30min	LMS	13+
9.45	RPM	45min	Cycle	13+
10.35	Fitness By Light*	40min	FBL	13+
10.35	BodyPump	60min	LMS	13+
13.10	Les Mills Sprint	30min	Cycle	13+
16.00	Fitness By Light*	30min	FBL	13+
17.30	Les Mills Sprint	30min	Cycle	13+
18.45	CXWORX	30min	LMS	13+
18.45	RPM	45min	Cycle	13+

## THURSDAY

6.30	BodyBalance	60min	LMS	13+
7.10	Les Mills Sprint	30min	Cycle	13+
9.30	Les Mills Sprint	30min	Cycle	13+
9.30	BodyAttack	30min	LMS	13+
9.45	Les Mills Sh'Bam	45min	MBS	13+
10.40	CXWORX	30min	LMS	13+
11.15	BodyBalance	60min	LMS	13+
16.00	Fitness By Light*	30min	FBL	13+
18.00	BodyPump	60min	LMS	13+
18.30	Les Mills Sprint	30min	Cycle	13+

## FRIDAY

6.30	RPM	45min	Cycle	13+
9.45	BodyAttack	45min	LMS	13+
10.35	Fitness By Light*	40min	FBL	13+
10.35	BodyPump	60min	LMS	13+
16.00	Fitness By Light*	30min	FBL	13+
18.00	Les Mills Sprint	30min	Cycle	13+
18.00	BodyAttack	30min	LMS	13+

## SATURDAY

10.15	Fitness By Light*	40min	FBL	13+
11.05	BodyAttack	60min	LMS	13+
11.10	RPM	45min	Cycle	13+
12.05	CXWORX	30min	LMS	13+
12.40	BodyBalance	60min	LMS	13+
16.10	RPM	45min	Cycle	13+
17.35	CXWORX	30min	LMS	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 who is a West Wood member 18 years or older.

## SUNDAY

11.05	BodyAttack	30min	LMS	13+
11.10	RPM	45min	Cycle	13+
11.40	CXWORX	30min	LMS	13+
12.15	BodyBalance	60min	LMS	13+
16.50	Les Mills Sprint	30min	Cycle	13+

LMS = Les Mills Studio

FBL = Fitness By Light Studio

Cycle = Cycle Studio