

VIRTUAL CLASSES

FROM 1ST OCTOBER

WEST WOOD CLUB CLONTARF RD

MONDAY

06.35	Intro BodyPump	4min	LME
06.40	BodyPump	30min	LME
07.15	Intro CXWORX	4min	LME
07.20	CXWORX	30min	LME
07.30	RPM Virtual	30min	Cycle
08.15	RPM Virtual	45min	Cycle
08.20	LM Barre	30min	LME
10.45	Intro Sh'Bam	4min	LME
10.50	Sh'Bam	30min	LME
13.00	LM Barre	30min	LME
13.45	CXWORX	30min	LME
14.20	Intro BodyPump	4min	LME
14.30	BodyPump	30min	LME
15.05	Intro BodyCombat	3min	LME
15.10	BodyCombat	30min	LME
15.15	RPM Virtual	30min	Cycle
16.00	RPM Virtual	30min	Cycle
21.20	Bike Set Up	5min	Cycle
21.30	RPM Virtual	30min	Cycle
21.45	LM Barre	30min	LME

TUESDAY

06.15	RPM Virtual	30min	Cycle
06.25	Intro BodyCombat	4min	LME
06.30	BodyCombat	30min	LME
07.05	Intro BodyPump	4min	LME
07.10	BodyPump	30min	LME
07.45	RPM Virtual	45min	Cycle
07.45	Intro CXWORX	4min	LME
07.50	CXWORX	30min	LME
08.35	Intro BodyBalance	4min	LME
08.40	BodyBalance	30min	LME
09.45	RPM Virtual	30min	Cycle
10.30	RPM Virtual	30min	Cycle
11.50	LM Barre	30min	LME
11.50	Bike Set Up	5min	Cycle
12.00	RPM Virtual	30min	Cycle
13.00	RPM Virtual	45min	Cycle
15.00	RPM Virtual	30min	Cycle
15.45	RPM Virtual	30min	Cycle
15.50	BodyCombat	30min	LME
19.30	RPM Virtual	45min	Cycle
20.35	Bike Set Up	5min	Cycle
20.45	RPM Virtual	30min	Cycle

WEDNESDAY

06.40	Intro CXWORX	4min	LME
06.45	CXWORX	30min	LME
08.00	BodyPump	30min	LME
08.00	RPM Virtual	30min	Cycle
08.45	RPM Virtual	45min	Cycle
09.40	Bike Set Up	5min	Cycle
09.45	RPM Virtual	30min	Cycle
13.25	Intro BodyCombat	4min	LME
13.30	BodyCombat	30min	LME
14.05	Intro BodyPump	4min	LME
14.10	BodyPump	45min	LME
15.15	RPM Virtual	30min	Cycle
16.15	RPM Virtual	45min	Cycle
16.20	BodyBalance	30min	LME
20.05	Bike Set Up	5min	Cycle
20.15	RPM Virtual	30min	Cycle

THURSDAY

06.15	RPM Virtual	45min	Cycle
07.15	BodyCombat	30min	LME
07.50	BodyBalance	30min	LME
08.00	RPM Virtual	45min	Cycle
08.40	Intro BodyPump	4min	LME
08.45	BodyPump	45min	LME
09.45	BodyCombat	30min	LME
12.00	LM Barre	30min	LME
14.00	RPM Virtual	30min	Cycle
15.30	RPM Virtual	30min	Cycle
16.35	BodyCombat	30min	LME
19.35	Bike Set Up	5min	Cycle
19.45	RPM Virtual	45min	Cycle
20.45	RPM Virtual	30min	Cycle
21.10	BodyCombat	30min	LME

FRIDAY

06.20	BodyCombat	30min	LME
06.55	Intro BodyPump	4min	LME
07.00	BodyPump	30min	LME
07.30	RPM Virtual	45min	Cycle
07.40	Intro Sh'Bam	4min	LME
07.45	Sh'Bam	30min	LME
08.20	CXWORX	30min	LME
08.25	RPM Virtual	30min	Cycle
10.05	Bike Set Up	5min	Cycle
10.15	RPM Virtual	45min	Cycle
12.25	Intro BodyPump	4min	LME
12.30	BodyPump	30min	LME
15.05	Intro Sh'Bam	4min	LME
15.10	Sh'Bam	45min	LME
15.30	RPM Virtual	45min	Cycle
16.05	Intro BodyCombat	4min	LME
16.10	BodyCombat	60min	LME
20.25	RPM Virtual	45min	Cycle
21.10	LM Barre	30min	LME

SATURDAY

08.15	RPM Virtual	30min	Cycle
08.55	Intro BodyPump	4min	LME
09.00	BodyPump	45min	LME
09.00	RPM Virtual	30min	Cycle
11.55	Intro BodyPump	4min	LME
14.00	RPM Virtual	45min	Cycle
14.00	BodyCombat	60min	LME
15.00	RPM Virtual	30min	Cycle
15.50	Bike Set Up	5min	Cycle
16.00	RPM Virtual	30min	Cycle
16.35	LM Barre	30min	LME
17.15	Sh'Bam	30min	LME
18.50	RPM Virtual	45min	Cycle
19.00	BodyCombat	30min	LME
19.35	BodyPump	30min	LME

SUNDAY

08.20	Sh'Bam	30min	LME
08.20	Bike Set Up	5min	Cycle
08.30	RPM Virtual	45min	Cycle
09.00	BodyBalance	30min	LME
14.30	RPM Virtual	45min	Cycle
14.30	BodyPump	30min	LME
15.10	LM Barre	30min	LME
15.45	RPM Virtual	30min	Cycle
18.15	BodyBalance	60min	LME
19.15	RPM Virtual	45min	Cycle
19.20	Intro BodyPump	5min	LME
19.25	BodyPump	45min	LME



WEST WOOD
C · L · U · B

LME = Les Mills Experience

Cycle = Bike Studio

These classes are led by a virtual instructor on-screen.

Don't forget to bring water and a sweat towel and to wipe down your bike after use.

We recommend that you stretch after your class as they do not all include a cool-down due to time constraints. In the event of an emergency please press the "PANIC BUTTON" located at entrance door of cycle studio and on stage in LME. CCTV in operation.

Over 16's only : 13-15 year olds must be accompanied by a parent/legal guardian.