

VIRTUAL CLASS TIMETABLE

COMMENCING MONDAY 3RD SEPTEMBER

Monday

TIME	CLASS	MIN	VENUE
07.20	RPM Virtual	30	Cycle
08.00	RPM Virtual	45	Cycle
08.15	BodyCombat Virtual	30	LMS
08.50	CXWORX Virtual	30	LMS
09.00	RPM Virtual	30	Cycle
11.00	RPM Virtual	45	Cycle
12.00	RPM Virtual	45	Cycle
13.10	RPM Virtual	30	Cycle
14.00	RPM Virtual	45	Cycle
14.30	BodyCombat Virtual	60	LMS
15.00	RPM Virtual	45	Cycle
16.00	RPM Virtual	45	Cycle
16.30	Sh'Bam Virtual	30	LMS
17.00	RPM Virtual	30	Cycle
17.00	CXWORX Virtual	30	LMS
19.20	RPM Virtual	30	Cycle
21.00	RPM Virtual	45	Cycle

Tuesday

TIME	CLASS	MIN	VENUE
06.15	RPM Virtual	45	Cycle
07.10	BodyCombat Virtual	60	LMS
08.00	RPM Virtual	45	Cycle
08.15	CXWORX Virtual	30	LMS
08.50	RPM Virtual	30	Cycle
08.50	BodyCombat Virtual	30	LMS
10.05	RPM Virtual	45	Cycle
11.00	RPM Virtual	45	Cycle
12.00	RPM Virtual	45	Cycle
12.30	BodyPump Virtual	30	LMS
13.10	RPM Virtual	30	Cycle
13.45	CXWORX Virtual	30	LMS
14.00	RPM Virtual	45	Cycle
14.25	BodyCombat Virtual	60	LMS
15.00	RPM Virtual	45	Cycle
15.30	BodyBalance Virtual	60	LMS
16.00	RPM Virtual	45	Cycle
16.35	Sh'Bam Virtual	30	LMS
17.00	RPM Virtual	45	Cycle
17.50	RPM Virtual	30	Cycle
19.20	RPM Virtual	30	Cycle
21.00	RPM Virtual	45	Cycle

Wednesday

TIME	CLASS	MIN	VENUE
06.15	RPM Virtual	45	Cycle
07.00	RPM Virtual	45	Cycle
08.00	RPM Virtual	45	Cycle
08.00	CXWORX Virtual	30	LMS
09.00	RPM Virtual	30	Cycle
11.00	RPM Virtual	45	Cycle
12.00	RPM Virtual	45	Cycle
14.00	RPM Virtual	45	Cycle
14.00	BodyPump Virtual	60	LMS
15.00	RPM Virtual	45	Cycle
15.15	BodyBalance Virtual	60	LMS
16.00	RPM Virtual	45	Cycle
16.30	CXWORX Virtual	30	LMS
16.45	RPM Virtual	30	Cycle
18.05	RPM Virtual	30	Cycle
20.00	RPM Virtual	45	Cycle
21.00	RPM Virtual	45	Cycle

Thursday

TIME	CLASS	MIN	VENUE
06.15	RPM Virtual	45	Cycle
07.10	BodyCombat Virtual	30	LMS
07.45	BodyPump Virtual	60	LMS
08.00	RPM Virtual	45	Cycle
08.50	RPM Virtual	30	Cycle
08.50	CXWORX Virtual	30	LMS
10.05	RPM Virtual	45	Cycle
11.00	RPM Virtual	45	Cycle
12.00	RPM Virtual	45	Cycle
13.10	RPM Virtual	30	Cycle
13.50	BodyCombat Virtual	60	Cycle
14.00	RPM Virtual	45	Cycle
15.00	RPM Virtual	45	Cycle
15.00	BodyPump Virtual	60	LMS
16.00	RPM Virtual	45	Cycle
16.30	CXWORX Virtual	30	LMS
17.00	RPM Virtual	45	Cycle
17.20	BodyCombat Virtual	30	LMS
17.50	RPM Virtual	30	Cycle
20.05	RPM Virtual	45	Cycle
20.50	BodyBalance Virtual	60	LMS
21.00	RPM Virtual	45	Cycle

Friday

TIME	CLASS	MIN	VENUE
06.15	BodyCombat Virtual	60	LMS
07.20	RPM Virtual	30	Cycle
07.20	BodyPump Virtual	30	LMS
08.00	RPM Virtual	45	Cycle
08.00	BodyBalance Virtual	60	LMS
09.00	RPM Virtual	30	Cycle
09.05	CXWORX Virtual	30	LMS
11.00	RPM Virtual	45	Cycle
12.00	RPM Virtual	45	Cycle
13.45	CXWORX Virtual	30	LMS
14.00	RPM Virtual	45	Cycle
14.20	BodyCombat Virtual	60	LMS
15.00	RPM Virtual	45	Cycle
15.30	Sh'Bam Virtual	30	LMS
16.00	RPM Virtual	45	Cycle
16.30	BodyPump Virtual	60	LMS
17.00	RPM Virtual	45	Cycle
19.00	RPM Virtual	45	Cycle
20.00	RPM Virtual	45	Cycle
21.00	RPM Virtual	45	Cycle
21.00	BodyPump Virtual	60	LMS

Saturday

TIME	CLASS	MIN	VENUE
08.10	RPM Virtual	45	Cycle
09.00	RPM Virtual	45	Cycle
10.00	RPM Virtual	45	Cycle
12.00	RPM Virtual	45	Cycle
13.00	RPM Virtual	45	Cycle
13.50	BodyCombat Virtual	60	LMS
14.00	RPM Virtual	45	Cycle
15.00	RPM Virtual	45	Cycle
15.00	BodyPump Virtual	60	LMS
16.05	Sh'Bam Virtual	45	LMS
17.00	RPM Virtual	45	Cycle
18.00	RPM Virtual	45	Cycle
18.30	BodyBalance Virtual	60	LMS
19.00	RPM Virtual	45	Cycle

Sunday

TIME	CLASS	MIN	VENUE
08.10	RPM Virtual	45	Cycle
09.00	RPM Virtual	45	Cycle
10.00	RPM Virtual	45	Cycle
12.00	RPM Virtual	45	Cycle
13.00	RPM Virtual	45	Cycle
13.30	Sh'Bam Virtual	45	LMS
14.00	RPM Virtual	45	Cycle
14.20	BodyPump Virtual	60	LMS
15.00	RPM Virtual	45	Cycle
15.25	CXWORX Virtual	30	LMS
16.00	RPM Virtual	30	Cycle
17.25	RPM Virtual	30	Cycle
17.30	BodyBalance Virtual	60	LMS
18.00	RPM Virtual	45	Cycle
18.35	BodyPump Virtual	30	LMS
19.00	RPM Virtual	45	Cycle
19.15	BodyCombat Virtual	30	LMS

These classes are led by a virtual instructor on screen. We recommend you stretch after your class as they do not all include a cool-down.

Cycle = Bike Studio : LMS = Les Mills Studio

WV
WEST WOOD
C · L · U · B