

VIRTUAL

FROM MONDAY 4TH FEBRUARY

WEST WOOD CLUB SANDYMOUNT

MONDAY

06.15	BodyPump	30min	S1
06.25	Bike Set Up	5min	Cycle
06.30	RPM	45min	Cycle
08.00	BodyBalance	30min	S1
13.00	Sh'Bam	30min	S1
13.00	RPM	30min	Cycle
14.00	RPM	30min	Cycle
15.00	RPM	45min	Cycle
15.45	BodyCombat Intro	5min	S1
15.50	BodyCombat	30min	S1
16.00	RPM	45min	Cycle
21.15	BodyPump Intro	5min	S1
21.20	BodyPump	30min	S1
21.20	RPM	30min	S1

TUESDAY

07.00	BodyBalance	60min	S1
08.00	BodyCombat	30min	S1
09.00	RPM	30min	Cycle
14.55	CXWORX Intro	5min	S1
15.00	CXWORX	30min	S1
15.55	Sh'Bam	30min	S1
16.00	RPM	30min	Cycle
17.35	BodyCombat Intro	5min	S1
17.40	BodyCombat	30min	S1
20.30	RPM	45min	Cycle
21.15	BodyBalance Intro	5min	S1
21.20	BodyBalance	30min	S1

WEDNESDAY

06.25	Bike Set Up	5min	Cycle
06.30	RPM	45min	Cycle
12.00	RPM	30min	Cycle
15.00	RPM	30min	Cycle
15.50	BodyBalance	60min	S1
21.00	Bike Set Up	5min	Cycle
21.05	RPM	45min	Cycle
21.15	BodyPump Intro	5min	S1
21.20	BodyPump	30min	S1

LM = Les Mills Studio

Cycle = Cycle Studio

Astro = Astro Turf Area

THURSDAY

06.10	BodyPump Intro	5min	S1
06.15	RPM	30min	Cycle
06.15	BodyPump	60min	S1
08.00	CXWORX	30min	S1
09.00	RPM	30min	Cycle
11.00	BodyBalance	30min	S1
12.00	RPM	30min	Cycle
15.05	Sh'Bam	30min	S1
15.55	Bike Set Up	5min	Cycle
16.00	RPM	45min	Cycle
17.35	BodyCombat Intro	5min	S1
17.40	BodyCombat	30min	S2
21.05	Bike Set Up	5min	Cycle
21.10	RPM	45min	Cycle
21.15	CXWORX Intro	5min	S1
21.20	CXWORX	30min	S1

FRIDAY

06.15	BodyBalance	30min	S1
06.25	Bike Set Up	5min	Cycle
06.30	RPM	45min	Cycle
07.55	BodyBalance Intro	5min	S1
08.00	BodyBalance	30min	S1
13.00	RPM	30min	Cycle
15.00	RPM	30min	Cycle
17.40	Sh'Bam	45min	S1
20.15	RPM	45min	Cycle
21.00	CXWORX	30min	S1
21.35	BodyBalance	30min	S1

SATURDAY

09.00	RPM	45min	Cycle
13.55	Bike Set Up	5min	Cycle
14.00	RPM	30min	Cycle
15.00	RPM	30min	Cycle
15.25	BodyCombat Intro	5min	S1
15.30	BodyCombat	60min	S1
18.00	RPM	30min	Cycle
18.10	CXWORX Intro	5min	S1
18.15	CXWORX	30min	S1
19.00	RPM	30min	Cycle

SUNDAY

09.15	BodyCombat	30min	S1
12.00	RPM	30min	Cycle
14.00	RPM	45min	Cycle
15.25	Sh'Bam	45min	S1
16.00	RPM	30min	Cycle
18.10	BodyPump Intro	5min	S1
18.15	BodyPump	60min	S1
18.55	Bike Set Up	5min	Cycle
19.00	RPM	30min	Cycle



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.