

VIRTUAL

CLASSES FROM 1ST NOV'

WEST WOOD CLUB SANDYMOUNT

MONDAY

06.10	BodyCombat Intro	4min	S1
06.15	BodyCombat	30min	S1
08.00	BodyBalance	30min	S1
12.55	Sh'Bam Intro	5min	S1
13.00	Sh'Bam	30min	S1
15.00	RPM Virtual	45min	Cycle
15.45	BodyCombat Intro	4min	S1
15.50	BodyCombat	30min	S1
21.10	Virtual Bike Set Up	5min	Cycle
21.15	RPM Virtual	30min	Cycle
21.15	BodyPump Intro	4min	S1
21.20	BodyPump	30min	S1

TUESDAY

06.10	Virtual Bike Set Up	5min	Cycle
06.15	RPM Virtual	45min	Cycle
08.00	BodyCombat	30min	S1
14.55	Intro CXWORX	4min	S1
15.00	CXWORX	30min	S1
15.50	Sh'Bam	30min	S1
16.00	RPM Virtual	30min	Cycle
17.35	BodyCombat Intro	4min	S1
17.40	BodyCombat	30min	S1
20.30	RPM Virtual	45min	Cycle
21.15	BodyBalance Intro	4min	S1
21.20	BodyBalance	30min	S1

WEDNESDAY

06.30	RPM Virtual	30min	Cycle
08.00	BodyPump	60min	S1
15.00	RPM Virtual	30min	Cycle
15.50	BodyBalance	60min	S1
21.00	RPM Virtual	30min	Cycle
21.10	BodyPump Intro	4min	S1
21.15	BodyPump	30min	S1

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.

THURSDAY

06.10	BodyPump Intro	4min	S1
06.15	BodyPump	60min	S1
08.00	CXWORX	30min	S1
11.10	BodyPump Intro	4min	S1
11.15	BodyPump	30min	S1
15.00	Sh'Bam Intro	5min	S1
15.05	Sh'Bam	30min	S1
15.55	Virtual Bike Set Up	5min	Cycle
16.00	RPM Virtual	45min	Cycle
17.35	BodyCombat Intro	4min	S1
17.40	BodyCombat	30min	S1
20.25	Virtual Bike Set Up	5min	Cycle
20.30	RPM Virtual	45min	Cycle
21.15	Intro CXWORX	4min	S1
21.20	CXWORX	30min	S1

FRIDAY

06.10	Virtual Bike Set Up	5min	Cycle
06.15	RPM Virtual	30min	Cycle
07.55	BodyBalance Intro	4min	S1
08.00	BodyBalance	30min	S1
13.00	RPM Virtual	30min	Cycle
15.00	RPM Virtual	30min	Cycle
15.50	BodyPump	30min	S1
17.40	Sh'Bam	45min	S1
20.15	RPM Virtual	45min	Cycle
21.00	CXWORX	30min	S1
21.35	BodyBalance	30min	S1

SATURDAY

9.10	Sh'Bam	30min	S1
13.55	Virtual Bike Set Up	5min	Cycle
14.00	RPM Virtual	30min	Cycle
15.25	BodyCombat Intro	4min	S1
15.30	BodyCombat	60min	S1
18.10	Intro CXWORX	4min	S1
18.15	CXWORX	30min	S1
19.00	RPM Virtual	30min	Cycle

SUNDAY

09.15	BodyCombat	30min	S1
14.00	RPM Virtual	45min	Cycle
15.25	Sh'Bam Intro	4min	S1
15.30	Sh'Bam	45min	S1
18.10	BodyPump Intro	4min	S1
18.15	BodyPump	30min	S1
18.55	Virtual Bike Set Up	5min	Cycle
19.00	RPM Virtual	30min	Cycle



WEST WOOD
C · L · U · B

Try our New 6 week Class Challenge

This includes 3 FREE consultations with one of our personal Trainers

Complete 6 weeks of classes specially picked to help you reach your goals and get a free West Wood Shaker bottle, Lanyard and Wristband!

Book your appointment at reception or gym desk

S1 = Studio 1

Cycle = Bike Studio