



CITYWEST
LEISURE CLUB
DUBLIN



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CLASS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING CLASSES

6.30 - 7.00am S Spin	6.30 - 7.00am S Spin	6.30 - 7.15am B Boxing Bootcamp	6.30 - 7.00am S Spin	6.30 - 7.00am S Spin	8.40 - 9.20am G Starting 24th November Couch to 5k
7.00 - 7.15am F H.I.I.T	7.00 - 7.20am F Functional Circuit	9.30 - 10.15am B Body Pump <small>LES MILLS</small>	7.00 - 7.20am F TRX Circuit	7.00 - 7.15am F Ab Attack	
9.30 - 10.15am B Booty Baare	9.30 - 10.00am S Spin	10.20 - 10.35am G H.I.I.T (Cardio)	9.30 - 10.00am S Spin	9.30 - 10.00am S Spin	9.30 - 10.00am S Spin
9.30 - 10.00am S Spin	10.00 - 10.30am B Kettlebell	10.30 - 11.15am P Aqua Fit	9.30 - 10.15am B Pilates	10.00 - 10.45am B Body Pump <small>LES MILLS</small>	10.05 - 11.05am B Body Pump <small>LES MILLS</small>
10.00 - 10.15am F H.I.I.T	1.00 - 1.40pm S Spin/H.I.I.T		10.00 - 10.30am F Kettlebell	10.30 - 11.15am P Aqua Fit	
10.30 - 11.15am P Aqua Fit			1.00 - 1.40pm S Spin/Core		

EVENING CLASSES

5.30 - 6.00pm S Spin	5.30 - 6.15pm B Body Balance <small>LES MILLS</small>	5.45 - 6.30pm B Step Aerobics	5.30 - 6.30pm B Starting 22nd November Spine Correctors €	5.30 - 6.15pm B Body Pump <small>LES MILLS</small>	
5.30 - 6.30pm B Body Pump <small>LES MILLS</small>	6.30 - 7.15pm B Body Pump <small>LES MILLS</small>	6.00 - 6.30pm S Spin			
6.00 - 6.30pm F TRX Circuit	6.30 - 7.00pm S Spin	6.30 - 7.00pm B Kettlebell	6.00 - 6.30pm S Spin		
6.30 - 7.00pm S Spin	7.00 - 7.30pm F H.I.I.T	7.00 - 7.15pm F Ab Attack	6.30 - 7.15pm B Body Pump <small>LES MILLS</small>		
6.30 - 7.15pm B Boxing Bootcamp	7.30 - 7.45pm F Ab Attack	7.00 - 7.30pm B Boxing Bootcamp	6.30 - 7.00pm F TRX Circuit		
7.00 - 7.15pm F Ab Attack	7.30 - 8.30pm B Pilates €	7.30 - 8.30pm B Yoga €	7.30 - 8.15pm P Aqua Fit		
7.15 - 8.00pm B Body Balance <small>LES MILLS</small>	7.30 - 8.15pm P Aqua Fit				
	8.15 - 9.00pm P Adult Swim €				

SUNDAY

9.30 - 10.00am S Spin
10.00 - 10.15am F Ab Attack

**Starts Monday
19th November**

**Opening Hours: 6am - 10pm Monday - Friday
8.30am - 6pm Saturday and Sunday**

- S Spin
- F Functional Zone
- L Ladies Zone
- G Gym Floor
- A Abs Zone
- B Body Soul Studio
- P Pool