

AEROBICS SCHEDULE

WESTIN
WORKOUT

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00			Westin Rider Duncan <small>(45 minute class)</small>			
8:45						Westin Ride BYO Charelle
9:00				Westin Aquatic Sandra / Phyllis		
9:30	Westin Tone Elena	Westin Fit Rosanne	Westin Intense Johanna	Westin Bootcamp Duncan	Westin Cyc-Fit Duncan	
10:00		Westin Aquatic Sandra / Phyllis				Westin Zumba Ramon
10:45	Westin Pilates Johanna		Westin Yoga Svetlana		Westin Yoga Svetlana	
18:00	Westin HIIT Johanna	Westin Rider Duncan	Westin Cyc-Fit Duncan			
18:15				Westin Spin Rosanne		
18:30					Westin Sculpt Charelle	
19:00	Westin Ride Charelle	Westin Shapin Charelle	Westin ABT Josette			
20:00		Westin Pilates Charelle				

Payment per session is €7.50 whilst a package for 20 sessions is €114 (to be used within 6 months)

Classes can be pre-booked 2 days before commencement

For your safety and as a sign of respect to the rest of the class, we ask everyone to be on time for classes

Telephone: 2374 5596

