

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 Intense Johanna | Westin Fit Rosanne | Westin Tone Elena | Westin Bootcamp Duncan | Westin Cyc-Fit Duncan | |
| 10:00 | | Westin Aquatic Sandra / Phyllis | | | | |
| 10:45 | Westin Pilates Johanna | | Westin Yoga Annabelle | | Westin Yoga Annabelle | |
| 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 Outdoor Yoga on Quay Sveta | Westin Shapin Charelle | | | |
| 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