

## AEROBICS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM	WESTIN BURNFAST <i>with Paula</i>				WESTIN BURNFAST <i>with Paula</i>	
7AM	WESTIN RIDER <i>with Duncan</i> (45min class)					
8.45AM						WESTIN RIDE <i>with Charelle</i>
9.30AM	WESTIN CIRCUIT  <i>with Duncan</i>	WESTIN FIT  <i>with Rosanne</i>	WESTIN TONE  <i>with Elena</i>	WESTIN BOOTCAMP  <i>with Duncan</i>	WESTIN CYC-FIT  <i>with Duncan</i>	
10AM		WESTIN AQUATIC <i>with Michelle</i>		WESTIN AQUATIC <i>with Michelle</i>		WESTIN BLAST <i>with Keith</i>
10.45AM	WESTIN PILATES <i>with Elaine</i>		WESTIN YOGA <i>with Annabelle</i>		WESTIN YOGA <i>with Annabelle</i>	
6PM	WESTIN HIIT <i>with Johanna</i>	WESTIN RIDER <i>with Duncan</i>	WESTIN BOOST <i>with Keith</i>			
6.15PM	WESTIN SPIN <i>with Rosanne</i>					
6.30PM					WESTIN ABTONE <i>with Charelle</i>	
7PM	WESTIN RIDE <i>with Charelle</i>	WESTIN PUMP <i>with Charelle</i>	WESTIN YOGA <i>with Anna</i>			

Each session costs €7.50 whilst a 10 session package costs €65 and a 20 session package costs €114 (to be used in 6 months). Classes can be pre-booked 2 days before each session. For your safety and as a sign of respect to the rest of the class, we ask everyone to be on time. For more information call 2374 5596 or visit [facebook.com/WestinWorkout](https://facebook.com/WestinWorkout).