

**WESTIN**  
**WORKOUT**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM	<i>WESTIN BURNFAST with Paula</i>		<i>WESTIN BURNFAST with Paula</i>		<i>WESTIN BURNFAST with Paula</i>	
6.45AM				<i>WESTIN SUNRISE YOGA with Judith</i>		
8.45AM						<i>WESTIN RIDE with Charelle</i>
9.00AM			<i>WESTIN TONE with Elena</i>			
9.30AM	<i>WESTIN CIRCUIT with Duncan</i>	<i>WESTIN STEP &amp; TONE With Paulina</i>		<i>WESTIN BOOTCAMP with Duncan</i>	<i>WESTIN Cyc-Fit with Duncan</i>	
10.00AM		<i>WESTIN AQUATIC with Michelle</i>		<i>WESTIN AQUATIC with Michelle</i>		<i>WESTIN BLAST with Keith</i> <hr/> <i>WESTIN AQUATIC with Michelle</i>
10.45AM	<i>WESTIN PILATES with Elaine</i>		<i>WESTIN YOGA with Annabelle</i>		<i>WESTIN YOGA with Annabelle</i>	
6.00PM	<i>WESTIN HIIT with Johanna</i>	<i>WESTIN RIDE with Duncan</i>	<i>WESTIN BOOST with Keith</i>			
6.15PM				<i>WESTIN RIDE with Rosanne</i>		
6.30PM					<i>WESTIN CIRCUIT with Ana</i>	
7.00PM	<i>WESTIN RIDE with Charelle</i>	<i>WESTIN PUMP with Charelle</i>	<i>WESTIN YOGA with Judith</i>	<i>WESTIN CKB with Paulina</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/Westin Workout](https://facebook.com/WestinWorkout).