

**2020**

Ocean spirit leisure  
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 hotelwestport

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30AM	PILATES		30 Min SHRED		
10:00AM					
10:30 AM	AQUA AEROBICS	PILATES	AQUA AEROBICS	PILATES	
13:00 PM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM
16:00 PM		SWIM LESSONS (KIDS)		SWIM LESSONS (KIDS)	
18:00 PM		30 MIN INTENSE TONING UP		30 MIN INTENSE STEP AEROBICS	
19:00 PM					
19:30 PM	INTENSE AQUA AEROBICS	CYCLE THEN TONE	ADULT SWIM LESSONS	CYCLE THEN TONE	

Mon - Fri 7am - 21:45pm  
 Sat & Sun 8am - 19:45pm  
 Kids 9am - 19:00pm

30 Min Express Fitness Classes €5  
 Pilates €10 (€50 6 Week Programme)  
 All other Fitness Classes 45 min | €7 (Free to Members)

Daily Rate:  
 Swim & or Gym €7 |  
 OAP / Students €5 | Family: €18  
 Call: 098 50006