

Ocean spirit leisure

★★★★

hotelwestport

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
07:30 AM		SPIN & TONE	MENS FITNESS		
10:30AM		PILATES		PILATES MOMMY & BABY	
10:30 AM	AQUA AEROBICS	WATER BABIES	AQUA AEROBICS		
13:00 PM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM
16:00 PM		SWIM LESSONS (KIDS)		SWIM LESSONS (KIDS)	ROOKIE LIFEGUARD
19:00 PM	PILATES	SPINNING	PILATES IN WESTPORT HOUSE	SPIN & TONE	
20:00 PM	BODY TONE		STEP AEROBICS In Ocean Spirit	ADULT SWIM LESSONS	

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

Fitness Classes €5 / Pilates €8
 For members Fitness Classes Free (Pilates €4)
 Call: 098 50006

Daily Rate:
 Swim & or Gym €7
 OAP / Students €5
 Family: €18