

# Westpark Fitness Classes – 2023 Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am – 45mins WP Strong	6:15am – 60mins Spin	6:30am – 45mins Spin	6:15am – 50mins BodyPump	6:30am – 45mins Coached Lane Swimming	8:30am – 45mins WP Burn
9:30am – 45mins Aqua Fitness	6:30am – 45mins WP Burn	6:30am – 55mins BodyBalance	9:30am – 45mins Aqua Fitness	6:30am – 45mins Virtual Spin	9:00am – 45mins Yoga for Anxiety
10:00am – 45mins Spin	9:00am – 45mins Weightlifting Workshop	9:30am – 45mins Aqua Fitness	10:00am – 50mins BodyPump	6:30am – 45mins WP Burn	9:00am – 45mins Virtual Aqua Fitness
10:00am – 45mins WP Dance	9:30am – 45mins Aqua Fitness	10:00am – 45mins Spin	10:30am – 45mins Virtual Aqua Fitness	9:30am – 45mins Aqua Fitness	9:30am – 45mins Virtual Spin
10:30am – 45mins Virtual Aqua Fitness	10:00am – 60mins BodyPump	10:30am – 30mins Core	11:00am – 45mins Movestrong	9:30am – 45mins Cardio Kickboxing	10:00am – 45mins Well4U Healthy Heart
11:00am – 45mins Yoga for Anxiety	10:30am – 45mins Virtual Aqua Fitness	10:30am – 45mins Virtual Aqua Fitness	1:10pm – 30mins Core	10:00am – 30mins Virtual Spin	11:00am – 60mins BodyPump
1:00pm – 45mins Virtual Aqua Fitness	11:10am – 55mins BodyBalance	1:00pm – 45mins Virtual Aqua Fitness	5:15pm – 45mins WP Strong	10:30am – 45mins Virtual Aqua Fitness	
1:10pm – 30mins BodyBalance Flexibility	12:15pm – 45mins Cardio Kickboxing	1:10pm – 30mins BodyPump	6:15pm – 45mins Cardio Kickboxing	10:30am – 30mins Core	<b>SUNDAY</b>
5:30pm – 45mins WP Burn	1:10pm – 45mins Movestrong	6:00pm – 45mins WP Burn	6:30pm – 45mins Spin	11:15am – 55mins BodyBalance	9:00am – 30mins Core
6:00pm – 50mins BodyPump	6:00pm – 45mins Well4U MetCon	6:00pm – 45mins WP Dance	7:00pm – 45mins Aqua Fitness	6:30pm – 45mins WP Burn	9:00am – 45mins Virtual Aqua Fitness
6:30pm – 45mins Virtual Aqua Fitness	6:30pm – 45mins Spin	6:30pm – 45mins Spin		6:30pm – 45mins Virtual Aqua Fitness	10:00am – 55mins BodyBalance
6:30pm – 45mins Spin (Beginner Friendly)	7:00pm – 45mins Aqua Fitness	6:30pm – 45mins Virtual Aqua Fitness			11:15am – 45mins WP Strong
7:00pm – 30mins Core	7:00pm – 45mins WP Strong	7:00pm – 50mins BodyPump			
7:30pm – 45mins Spin Orientation*	7:30pm – 45mins WP Burn	7:00pm – 45mins Zoom Yoga with Jurate  Book your place on the app and use the Zoom code on the booking			 *only held on the last Monday of each month
7:45pm – 45mins Yoga for Anxiety	8:15pm – 55mins BodyBalance	8:00pm – 45mins Weightlifting Workshop			<b>Purple Tiles</b> = class held in underground
8:00pm – 45mins Coached Lane Swimming		8:00pm – 55mins BodyBalance			<b>Blue Tiles</b> = class held in swimming pool

# Westpark Fitness Classes - Summer 2023 Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:30am - 45mins</b> WP Strong	<b>6:15am - 60mins</b> Spin	<b>6:30am - 45mins</b> Spin	<b>6:15am - 50mins</b> BodyPump	<b>6:30am - 45mins</b> Coached Lane Swimming	<b>8:30am - 45mins</b> WP Burn
<b>9:30am - 45mins</b> Aqua Fitness	<b>6:30am - 45mins</b> WP Burn	<b>6:30am - 55mins</b> BodyBalance	<b>9:30am - 45mins</b> Aqua Fitness	<b>6:30am - 45mins</b> Virtual Spin	<b>9:00am - 45mins</b> Yoga for Anxiety
<b>10:00am - 45mins</b> Spin	<b>9:30am - 45mins</b> Aqua Fitness	<b>9:30am - 45mins</b> Aqua Fitness	<b>10:00am - 50mins</b> BodyPump	<b>6:30am - 45mins</b> WP Burn	<b>9:00am - 45mins</b> Virtual Aqua Fitness
<b>10:00am - 45mins</b> WP Dance	<b>10:00am - 60mins</b> BodyPump	<b>10:00am - 45mins</b> Spin	<b>10:30am - 45mins</b> Virtual Aqua Fitness	<b>9:30am - 45mins</b> Aqua Fitness	<b>9:30am - 45mins</b> Virtual Spin
<b>10:30am - 45mins</b> Virtual Aqua Fitness	<b>10:30am - 45mins</b> Virtual Aqua Fitness	<b>10:30am - 30mins</b> Core	<b>11:00am - 45mins</b> Movestrong	<b>9:30am - 45mins</b> Cardio Kickboxing	<b>10:00am - 45mins</b> Well4U Healthy Heart
<b>11:00am - 45mins</b> Yoga for Anxiety	<b>11:10am - 55mins</b> BodyBalance	<b>10:30am - 45mins</b> Virtual Aqua Fitness	<b>5:15pm - 45mins</b> WP Strong	<b>10:00am - 30mins</b> Virtual Spin	<b>11:00am - 60mins</b> BodyPump
<b>1:00pm - 45mins</b> Virtual Aqua Fitness	<b>12:15pm - 45mins</b> Cardio Kickboxing	<b>11:00am - 45mins</b> Power Up by TK	<b>6:15pm - 45mins</b> Cardio Kickboxing	<b>10:30am - 45mins</b> Virtual Aqua Fitness	
<b>1:10pm - 30mins</b> BodyBalance Flexibility	<b>1:10pm - 45mins</b> Movestrong	<b>1:00pm - 45mins</b> Virtual Aqua Fitness	<b>6:30pm - 45mins</b> Spin	<b>10:30am - 30mins</b> Core	<b>SUNDAY</b>
<b>5:30pm - 45mins</b> WP Burn	<b>6:00pm - 45mins</b> Well4U MetCon	<b>1:10pm - 30mins</b> BodyPump	<b>7:00pm - 45mins</b> Aqua Fitness	<b>11:15am - 55mins</b> BodyBalance	<b>9:00am - 30mins</b> Core
<b>6:00pm - 50mins</b> BodyPump	<b>6:30pm - 45mins</b> Spin	<b>6:00pm - 45mins</b> WP Burn	<b>8:00pm - 45mins</b> Coached Lane Swimming	<b>6:30pm - 45mins</b> WP Burn	<b>9:00am - 45mins</b> Virtual Aqua Fitness
<b>6:30pm - 45mins</b> Virtual Aqua Fitness	<b>7:00pm - 45mins</b> Aqua Fitness	<b>6:00pm - 45mins</b> WP Dance		<b>6:30pm - 45mins</b> Virtual Aqua Fitness	<b>10:00am - 55mins</b> BodyBalance
<b>6:30pm - 45mins</b> Spin (Beginner Friendly)	<b>7:00pm - 45mins</b> Power Up by TK	<b>6:30pm - 45mins</b> Spin			<b>11:15am - 45mins</b> WP Strong
<b>7:00pm - 30mins</b> Core	<b>7:30pm - 45mins</b> WP Burn	<b>6:30pm - 45mins</b> Virtual Aqua Fitness			
<b>7:30pm - 45mins</b> Spin Orientation	<b>8:15pm - 55mins</b> BodyBalance	<b>7:00pm - 50mins</b> BodyPump			
<i>*only held on the last Monday of each month</i>		<b>8:00pm - 55mins</b> BodyBalance			
<b>7:45pm - 45mins</b> Yoga for Anxiety					



**Note:** you must book a class place on the app beforehand

**Purple Tiles**

= class held in underground

**Blue Tiles**

= class held in swimming pool

# Westpark Fitness Classes – 2023 Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:30am – 45mins</b> WP Strong	<b>6:15am – 60mins</b> Spin	<b>6:30am – 45mins</b> Spin	<b>6:15am – 50mins</b> BodyPump	<b>6:30am – 45mins</b> Coached Lane Swimming	<b>8:30am – 45mins</b> WP Burn
<b>9:30am – 45mins</b> Aqua Fitness	<b>6:30am – 45mins</b> WP Burn	<b>6:30am – 55mins</b> BodyBalance	<b>9:30am – 45mins</b> Aqua Fitness	<b>6:30am – 45mins</b> Spin	<b>9:00am – 45mins</b> Yoga for Anxiety
<b>10:00am – 45mins</b> Spin	<b>9:30am – 45mins</b> Aqua Fitness	<b>9:30am – 45mins</b> Aqua Fitness	<b>10:00am – 50mins</b> BodyPump	<b>6:30am – 45mins</b> WP Burn	<b>9:30am – 45mins</b> Spin (Beginner Friendly)
<b>10:00am – 45mins</b> WP Dance	<b>10:00am – 60mins</b> BodyPump	<b>10:00am – 45mins</b> Spin	<b>11:00am – 45mins</b> Movestrong	<b>9:30am – 45mins</b> Aqua Fitness	<b>10:00am – 45mins</b> Well4U Healthy Heart
<b>11:00am – 45mins</b> Yoga for Anxiety	<b>11:10am – 55mins</b> BodyBalance	<b>10:00am – 30mins</b> Core	<b>5:15pm – 45mins</b> WP Strong	<b>9:30am – 45mins</b> Cardio Kickboxing	<b>11:00am – 60mins</b> BodyPump
<b>1:00pm – 30mins</b> Virtual Aqua Fitness	<b>12:15pm – 45mins</b> Cardio Kickboxing	<b>11:00am – 45mins</b> Power Up by TK	<b>6:15pm – 45mins</b> Cardio Kickboxing	<b>10:00am – 30mins</b> Spin (Beginner Friendly)	
<b>1:10pm – 30mins</b> BodyBalance Flexibility	<b>1:10pm – 45mins</b> Movestrong	<b>1:00pm – 30mins</b> Virtual Aqua Fitness	<b>6:30pm – 45mins</b> Spin	<b>10:30am – 30mins</b> Core	<b>SUNDAY</b>
<b>5:30pm – 45mins</b> WP Burn	<b>6:00pm – 45mins</b> Well4U MetCon	<b>1:10pm – 30mins</b> BodyPump	<b>7:00pm – 45mins</b> Aqua Fitness	<b>11:15am – 55mins</b> BodyBalance	<b>9:00am – 50mins</b> BodyPump
<b>6:00pm – 50mins</b> BodyPump	<b>6:30pm – 45mins</b> Spin	<b>6:00pm – 45mins</b> WP Burn	<b>7:15pm – 45mins</b> WP Dance	<b>6:30pm – 45mins</b> WP Burn	<b>9:00am – 30mins</b> Virtual Aqua Fitness
<b>6:30pm – 30mins</b> Virtual Aqua Fitness	<b>7:00pm – 45mins</b> Aqua Fitness	<b>6:00pm – 45mins</b> WP Dance			<b>10:00am – 55mins</b> BodyBalance
<b>6:30pm – 45mins</b> Spin (Beginner Friendly)	<b>7:00pm – 45mins</b> Power Up by TK	<b>6:30pm – 45mins</b> Spin			<b>11:15am – 45mins</b> WP Strong
<b>7:00pm – 30mins</b> Core	<b>7:30pm – 45mins</b> WP Burn	<b>6:30pm – 30mins</b> Virtual Aqua Fitness			
<b>7:30pm – 45mins</b> Spin Orientation	<b>8:15pm – 55mins</b> BodyBalance	<b>7:00pm – 50mins</b> BodyPump			
<i>*only held on the last Monday of each month</i>		<b>7:00pm – 45mins</b> Yoga for Anxiety (Zoom)*	<i>*for the Zoom link e-mail <a href="mailto:jurate@westpark.ie">jurate@westpark.ie</a></i>		
<b>7:45pm – 55mins</b> BodyBalance		<b>7:30pm – 30mins</b> Spin (Beginner Friendly)			<b>Purple Tiles</b> = class held in underground
<b>8:00pm – 45mins</b> Coached Lane Swimming		<b>8:00pm – 55mins</b> BodyBalance			<b>Blue Tiles</b> = class held in swimming pool



**Note:** you must book a class place on the app beforehand

# Westpark Fitness Classes – 2023 Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am – 45mins Spin	6:15am – 60mins Sports Specific Cycling	6:30am – 45mins Spin	6:30am – 50mins BodyPump	6:30am – 45mins WP Burn	8:30am – 45mins WP Burn
9:30am – 45mins Aqua Fitness 	6:30am – 45mins WP Burn	6:30am – 55mins BodyBalance	9:30am – 45mins Aqua Fitness	6:30am – 45mins Coached Lane Swimming	9:00am – 60mins Yoga for Anxiety
10:00am – 45mins Spin	9:30am – 45mins Aqua Fitness	9:30am – 45mins Aqua Fitness	10:00am – 50mins BodyPump	9:30am – 45mins Aqua Fitness	9:30am – 45mins Spin (Beginner Friendly)
10:00am – 45mins WP Dance	10:00am – 60mins BodyPump	10:00am – 45mins Spin	11:00am – 30mins Core	9:30am – 45mins Cardio Kickboxing	10:15am – 60mins BodyPump
11:00am – 45mins Yoga for Anxiety	11:10am – 55mins BodyBalance	10:00am – 45mins WP Strong	5:30pm – 45mins WP Strong 	10:00am – 30mins Spin (Beginner Friendly)	11:30am – 55mins BodyBalance
1:00pm – 30mins Virtual Aqua Fitness	12:15pm – 45mins Cardio Kickboxing	11:00am – 30mins Core	6:30pm – 45mins Spin	11:00am – 55mins BodyBalance	12:45pm – 45mins WP Strong
1:10pm – 30mins BodyBalance Flexibility	1:10pm – 30mins Core	1:00pm – 30mins Virtual Aqua Fitness	6:30pm – 45mins Cardio Kickboxing	6:30pm – 45mins WP Burn 	
5:30pm – 45mins WP Burn	6:00pm – 60mins BodyPump	1:10pm – 30mins BodyPump	7:00pm – 45mins Aqua Fitness		<b>SUNDAY</b>
6:00pm – 50mins BodyPump	6:30pm – 45mins Spin	6:00pm – 45mins WP Burn	7:30pm – 45mins WP Dance		9:00am – 50mins BodyPump
6:30pm – 30mins Virtual Aqua Fitness	7:00pm – 45mins Aqua Fitness	6:00pm – 45mins WP Dance			9:00am – 30mins Virtual Aqua Fitness
6:30pm – 45mins Spin (Beginner Friendly)	7:15pm – 45mins WP Strong	6:30pm – 45mins Spin (Beginner Friendly)			10:00am – 55mins BodyBalance
7:00pm – 30mins Core	7:30pm – 45mins WP Burn	6:30pm – 30mins Virtual Aqua Fitness			11:15am – 45mins WP Strong 
7:30pm – 45mins Spin Orientation	8:15pm – 55mins BodyBalance	7:00pm – 50mins BodyPump			
7:45pm – 55mins BodyBalance		7:00pm – 45mins Yoga for Anxiety (Zoom) <small>for the Zoom link e-mail <a href="mailto:jurate@westpark.ie">jurate@westpark.ie</a></small>			
8:00pm – 45mins Coached Lane Swimming 		8:00pm – 55mins BodyBalance 			

## NOTE:

All classes in purple are held in the underground area

# Westpark Fitness Pool Timetable - 2023 Timetable

*(Aqua Fitness must be booked in advance on the Westpark Fitness app)*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:00am - 9:00am</b> Lane Swim	<b>6.00am - 9:00am</b> Lane Swim	<b>6.00am - 9:00am</b> Lane Swim	<b>6.00am - 9:00am</b> Lane Swim	<b>6.00am - 9:00am</b> Lane Swim	<b>There are no classes on today</b>
<b>9:30am - 10:15am</b> Aqua Fitness	<b>9.30am - 10:15am</b> Aqua Fitness	<b>9.30am - 10:15am</b> Aqua Fitness	<b>9.30am - 10:15am</b> Aqua Fitness	<b>6:30am - 7:15am</b> Coached Lane Swimming	
<b>1:00pm - 1:30pm</b> Virtual Aqua	<b>7:00pm - 7:45pm</b> Aqua Fitness	<b>1:00pm - 1:30pm</b> Virtual Aqua	<b>7:00pm - 7:45pm</b> Aqua Fitness	<b>9.30am - 10:15am</b> Aqua Fitness	
<b>6:00pm - 6:30pm</b> Virtual Aqua Hydrohex		<b>6:00pm - 6:30pm</b> Virtual Aqua			
<b>8:00pm - 8:45pm</b> Coached Lane Swimming					
					<b>SUNDAY</b>
					<b>9:00am - 9:30am</b> Virtual Aqua

## NOTE

### Children's Hours

Monday to Sunday 10:30am - 5:30pm

### Aqua Fitness, Virtual Aqua + Coached Lane Swimming

- places must be booked in advance on the app

### Swimming Lessons

Some pool restrictions will apply during lessons

### Closing Times

The pool and jacuzzi close 30mins before the gym closes



# Westpark Fitness Pool Timetable - 2023 Timetable

*(Aqua Fitness must be booked in advance on the Westpark Fitness app)*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am - 9:00am Lane Swim	6.00am - 9:00am Lane Swim	6.00am - 9:00am Lane Swim	6.00am - 9:00am Lane Swim	6.00am - 9:00am Lane Swim	There are no classes on today
9:30am - 10:15am Aqua Fitness	9.30am - 10:15am Aqua Fitness	9.30am - 10:15am Aqua Fitness	9.30am - 10:15am Aqua Fitness	6:30am - 7:15am Coached Lane Swimming	
1:00pm - 1:30pm Virtual Aqua Hydrohex	3:30pm - 4:10pm Kid's Beginners 1 Lessons	1:00pm - 1:30pm Virtual Aqua Hydrohex		9.30am - 10:15am Aqua Fitness	
3:30pm - 4:10pm Kid's Beginners 1 Lessons	4:15pm - 4:55pm Kid's Beginners 2 Lessons	3:30pm - 4:10pm Kid's Beginners 1 Lessons			<b>SUNDAY</b>
4:15pm - 4:55pm Kid's Beginners 2 Lessons	5:00pm - 5:40pm Improvers Lessons	4:15pm - 4:55pm Kid's Beginners 2 Lessons			9:00am - 9:30am Virtual Aqua Hydrohex
5:00pm - 5:40pm Improvers Lessons	7:00pm - 7:45pm Aqua Fitness	5:00pm - 5:40pm Improvers Lessons	7:00pm - 7:45pm Aqua Fitness		
6:00pm - 6:30pm Virtual Aqua Hydrohex		6:00pm - 6:30pm Virtual Aqua Hydrohex			
8:00pm - 8:45pm Coached Lane Swimming					

## NOTE ⚠

**Children's Hours**  
Monday to Sunday 10:30am - 5:30pm

**Aqua Fitness + Coached Lane Swimming**  
Places must be booked in advance on the app





**Swimming Lessons**  
Some pool restrictions will apply during lessons

**Closing Times**  
The pool and jacuzzi close 30mins before the gym closes

# Westpark Fitness Classes - Spring 2022

(places must be booked in advance on the Westpark Fitness app)




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am - 45mins Indoor Cycling	6:15am - 60mins Sports Specific Cycling	6:30am - 45mins Indoor Cycling	6:30am - 45mins Bodypump	6:30am - 45mins WP Burn	8:30am - 45mins WP Burn
9:30am - 45mins Aqua Fitness 	6:30am - 45mins WP Burn	9:30am - 45mins Aqua Fitness	9:30am - 45mins Aqua Fitness	9:30am - 45mins Aqua Fitness	9:00am - 60mins Yoga for Anxiety
10:00am - 45mins Indoor Cycling	9:30am - 45mins Aqua Fitness	10:00am - 45mins Indoor Cycling	10:00am - 45mins Bodypump	9:30am - 60mins Cardio Kickboxing	9:30am - 45mins Indoor Cycling
10:00am - 45mins WP Dance	10:00am - 45mins Bodypump	11:00am - 45mins WP Burn	11:00am - 45mins WP Burn	10:00am - 45mins Indoor Cycling	11:00am - 45mins Bodypump 
11:00am - 45mins Yoga for Anxiety	11:00am - 55mins Bodybalance	6:00pm - 45mins WP Burn	5:30pm - 45mins WP Burn	11:00am - 45mins Bodybalance	
5:30pm - 45mins WP Burn	11:00am - 45mins WP Burn	6:30pm - 45mins Indoor Cycling	6:30pm - 60mins Cardio Kickboxing	6:30pm - 45mins WP Burn	
6:00pm - 45mins Bodypump	12:15pm - 60mins Cardio Kickboxing	7:00pm - 45mins Bodypump	6:30pm - 45mins Indoor Cycling		
6:30pm - 45mins Indoor Cycling	6:00pm - 45mins Bodypump	7:00pm - 45mins Yoga for Anxiety (Zoom) <i>for the Zoom link e-mail</i> <a href="mailto:jurate@westpark.ie">jurate@westpark.ie</a>	7:00pm - 45mins Aqua Fitness		<b>SUNDAY</b>
7:00pm - 45mins Bodybalance 	7:00pm - 45mins Aqua Fitness	8:00pm - 55mins Bodybalance	7:30pm - 45mins WP Dance		10:00am - 45mins Bodypump
	7:30pm - 45mins WP Burn			<b>NOTE:</b> All classes in purple are held in the underground area	11:00am - 45mins Indoor Cycling
	8:00pm - 45mins Bodybalance				12:00pm - 55mins Bodybalance
					1:00pm - 45mins WP Burn



# Westpark Fitness Classes - Christmas 2021



24TH DEC	27TH DEC	28TH DEC	29TH DEC	30TH DEC	31ST DEC
6:30am - 45mins WP Burn	9:30am - 45mins Aqua Fitness	9:30am - 45mins Bodypump	9:30am - 45mins Aqua Fitness	9:30am - 45mins WP Strong	9:30am - 45mins Bodypump
9:30am - 45mins Aqua Fitness 	10:00am - 45mins Indoor Cycling	10:30am - 45mins Bodybalance	10:00am - 45mins Indoor Cycling	10:30am - 45mins WP Dance	10:30am - 45mins Indoor Cycling
10:00am - 45 mins Indoor Cycling	11:30am - 45 mins WP Burn	11:30am - 45 mins WP Strong	11:30am - 45mins WP Burn	11:30am - 45mins Indoor Cycling	11:30am - 45mins Bodybalance





2ND JAN	3RD JAN
10:00am - 45mins Bodypump	9:30am - 45mins Aqua Fitness
11:00am - 45mins Indoor Cycling	10:00am - 45mins Indoor Cycling
12:00pm - 45mins Bodybalance	11:00am - 45mins WP Burn





# Westpark Fitness Pool Timetable - Autumn 2021






(Aqua Fitness must be booked in advance on the Westpark Fitness app) 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00am - 9.00am Lane Swim	6.00am - 9.00am Lane Swim	6.00am - 9.00am Lane Swim	6.00am - 9.00am Lane Swim	6.00am - 9.00am Lane Swim	There are no classes or lessons today. Children's hours are 9:00am - 6:00pm
9.30am - 10.15am Aqua Fitness	9.30am - 10.15am Aqua Fitness	9.30am - 10.15am Aqua Fitness	9.30am - 10.15am Aqua Fitness	9.30am - 10.15am Aqua Fitness	
3.30pm - 5.40pm Children's Swimming Lessons (top section of the pool in use)	3.30pm - 5.00pm Children's Swimming Lessons (top section of the pool in use)	3.30pm - 5.00pm Children's Swimming Lessons (top section of the pool in use)	7.00pm - 7.45pm Aqua Fitness		
	5.00pm - 5.40pm Children's Swimming Lessons (two lanes in use)	5.00pm - 5.40pm Children's Swimming Lessons (two lanes in use)			
	7.00pm - 7.45pm Aqua Fitness				
<b>Monday - Friday</b> Children's hours are 10:30am - 6:00pm					<b>SUNDAY</b> There are no classes or lessons today. Children's hours are 9:00am - 6:00pm
					<b>NOTE:</b> Aqua Fitness must be booked in advance on the Westpark app

# Westpark Fitness Classes - Autumn 2021

(places must be booked in advance on the Westpark Fitness app)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6.30am - 45mins</b> WP Strong	<b>6.15am - 60mins</b> Sports Specific Cycling	<b>6.30am - 45mins</b> Indoor Cycling	<b>6.30am - 45mins</b> Bodypump	<b>6.30am - 45mins</b> Myzone Spin	<b>8.30am - 45mins</b> WP Burn
<b>9.30am - 45mins</b> Aqua Fitness 	<b>9.30am - 45mins</b> Aqua Fitness	<b>9.30am - 45mins</b> Aqua Fitness	<b>9:30am - 45mins</b> Aqua Fitness	<b>9:30am - 45mins</b> Aqua Fitness	<b>9.00am - 60mins</b> Yoga for Anxiety
<b>10.00am - 45mins</b> Indoor Cycling	<b>10:00am - 45 mins</b> Bodypump	<b>10.00am - 45mins</b> Myzone Spin	<b>10:00am - 45mins</b> Bodypump	<b>10:00am - 45mins</b> Indoor Cycling	<b>9.30am - 45mins</b> Indoor Cycling
<b>10.00am - 45mins</b> Les Mills Tone	<b>11.00am - 45mins</b> WP Burn	<b>11.00am - 60mins</b> WP Strong	<b>11.00am - 45mins</b> WP Burn	<b>11:00am - 45mins</b> WP Strong	<b>11:00am - 60mins</b> WP Strong 
<b>11:00am - 45mins</b> Yoga for Anxiety	<b>11.00am - 55mins</b> Bodybalance	<b>5.30pm - 55mins</b> WP Burn	<b>6.00pm - 45mins</b> Bodypump	<b>6.30pm - 45mins</b> Indoor Cycling	
<b>5.30pm - 55mins</b> WP Burn	<b>5:30pm - 45mins</b> WP Burn	<b>6.00pm - 45mins</b> Les Mills Tone	<b>7:00pm - 45mins</b> Aqua Fitness		
<b>6.00pm - 45mins</b> Bodypump	<b>6:00pm - 45mins</b> Bodypump	<b>6.30pm - 45mins</b> Indoor Cycling	<b>7.00pm - 30mins</b> Les Mills Core 		<b>SUNDAY</b>
<b>6.30pm - 45mins</b> Myzone Spin	<b>7:00pm - 45mins</b> Aqua Fitness	<b>7.00pm - 45mins</b> Bodypump	<b>7.30pm - 45mins</b> WP Burn		<b>10.00am - 45mins</b> Bodypump
<b>7.00pm - 45mins</b> Bodybalance 	<b>7:00pm - 30mins</b> Les Mills Core	<b>7:00pm - 45mins</b> Yoga for Anxiety (Zoom) for the Zoom link e-mail <a href="mailto:jurate@westpark.ie">jurate@westpark.ie</a> 			<b>11.00am - 45mins</b> Myzone Spin
	<b>7:30pm - 45mins</b> Myzone Spin				<b>12:00pm - 55mins</b> Bodybalance
	<b>8:00pm - 45mins</b> Bodybalance	<b>8:00pm - 55mins</b> Bodybalance			

**NOTE:**  
All classes in purple are held in the underground area

# WESTPARK FITNESS Classes Timetable - Autumn 2021

(places must be booked in advance on the Westpark Fitness app)




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30am - 45mins WP Strong	6.15am - 60mins Sports Specific Cycling	6.30am - 45mins Indoor Cycling	6.30am - 45mins Bodypump	6.30am - 45mins Myzone Spin	8.30am - 45mins WP Burn
9.30am - 45mins Aqua Fitness 	9.30am - 45mins Aqua Fitness	9.30am - 45mins Aqua Fitness	9:30am - 45mins Aqua Fitness	9:30am - 45mins Aqua Fitness	9.00am - 60mins Yoga for Anxiety
10.00am - 45mins Indoor Cycling	10:00am - 45 mins Bodypump	10.00am - 45mins Indoor Cycling	10:00am - 45mins Bodypump	10:00am - 45mins Indoor Cycling	9.30am - 45mins Indoor Cycling
10.00am - 45mins Les Mills Tone	11.00am - 45mins WP Burn	11.00am - 60mins WP Strong	11.00am - 45mins WP Burn	11:00am - 45mins WP Strong	11:00am - 60mins WP Strong 
11:00am - 45mins Yoga for Anxiety	11.00am - 55mins Bodybalance	5.30pm - 55mins WP Burn	6.00pm - 45mins Bodypump	6.30pm - 45mins Indoor Cycling	
5.30pm - 55mins WP Burn	5:30pm - 45mins WP Burn	6.00pm - 45mins Les Mills Tone	7:00pm - 45mins Aqua Fitness		
6.00pm - 45mins Bodypump	6:00pm - 45mins Bodypump	6.30pm - 45mins Indoor Cycling	7.00pm - 30mins Les Mills Core 		<b>SUNDAY</b>
6.30pm - 45mins Myzone Spin	7:00pm - 45mins Aqua Fitness	7.00pm - 45mins Bodypump			10.00am - 55mins Bodypump
7.00pm - 45mins Bodybalance 	7:00pm - 30mins Les Mills Core	7:00pm - 45mins Yoga for Anxiety (Zoom)			11.00am - 55mins Bodybalance
	8:00pm - 45mins Bodybalance	for the Zoom link e-mail <a href="mailto:jurate@westpark.ie">jurate@westpark.ie</a> 			
		8:00pm - 55mins Bodybalance			

# WESTPARK FITNESS Classes Timetable - Summer 2021

(places must be booked in advance on the Westpark Fitness app)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30am - 45mins Indoor Cycling	6.30am - 55mins WP Burn	6.30am - 45mins Indoor Cycling	6.30am - 45mins Bodypump	6.30am - 30mins Les Mills Core	8.30am - 45mins WP Burn
9.30am - 45mins Aqua Fitness 	10.00am - 45mins Aqua Fitness	9.30am - 45mins Aqua Fitness	10:00am - 45mins Aqua Fitness	7.05am - 45mins Bodybalance	9.00am - 60mins Yoga for Anxiety
10.00am - 45mins Indoor Cycling	10:00am - 45 mins Bodypump	10.00am - 45mins Indoor Cycling	10:00am - 45mins WP Burn	9.30am - 45mins Aqua Fitness	9.30am - 45mins Indoor Cycling
11.00am - 45mins Les Mills Tone	11.00am - 55mins WP Burn	11.00am - 45mins BodyCombat / Attack	11.00am - 45mins Bodypump	10:00am - 45mins BodyCombat / Attack	11:00am - 60mins Bodypump
12:00pm - 45mins Yoga for Anxiety	11.00am - 55mins Bodybalance	5.30pm - 55mins WP Burn	6.00pm - 45mins Bodypump	11.00am - 45mins Bodybalance	12:00pm - 55mins Bodybalance 
5.30pm - 55mins WP Burn	6:00pm - 45 mins Bodypump	6.00pm - 45mins Les Mills Tone	6.30pm - 45mins Indoor Cycling	6:00pm - 45 Mins WP Burn	
6.00pm - 45 mins BodyCombat / Attack	6:30pm - 45 mins Myzone Spin	6.30pm - 45mins Indoor Cycling	7.00pm - 45mins Aqua Fitness 		<b>SUNDAY</b>
6.30pm - 45mins Indoor Cycling	7:00pm - 45mins Aqua Fitness	7.00pm - 45 mins Bodypump	7.30pm - 45 mins WP Burn		9.00am - 60mins Bodypump
7.00pm - 45mins Bodypump	7:00pm - 45 mins Dancersise	7:30pm - 45 mins Family Burn			10.00am - 55mins Bodybalance
7:30pm - 45mins WP Burn 	8:00pm - 45 mins Bodybalance	8:00pm - 60 mins Yoga for Anxiety (Zoom) for the Zoom link e-mail <a href="mailto:jurate@westpark.ie">jurate@westpark.ie</a>			11:00am - 55mins WP Burn
8:00pm - 45 mins Bodybalance					



# Westpark Fitness Underground Classes Timetable

*(places must be booked in advance on the Westpark Fitness app)*




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6.30am - 45mins</b> Indoor Cycling	<b>6.30am - 45mins</b> WP Burn	<b>6.30am - 45mins</b> Indoor Cycling	<b>6.30am - 45mins</b> WP Burn	<b>6.30am - 45mins</b> Myzone Spin	<b>8.30am - 45mins</b> WP Burn
<b>10:00am - 45mins</b> Indoor Cycling	<b>11:00am - 45mins</b> WP Burn	<b>10:00am - 45mins</b> Myzone Spin	<b>10:00am - 45mins</b> WP Burn	<b>10:00am - 45mins</b> Indoor Cycling	<b>10:00am - 45mins</b> Indoor Cycling
<b>11:15am - 45mins</b> WP Burn	<b>12:00pm - 45mins</b> Zone Match Cardio Club	<b>11:15am - 45mins</b> WP Burn	<b>11:00am - 45mins</b> Zone Match Cardio Club	<b>11:15am - 45mins</b> WP Burn	<b>12:00pm - 45mins</b> WP Burn
<b>5:30pm - 45mins</b> WP Burn	<b>5:00pm - 45mins</b> Zone Match Cardio Club	<b>5:30pm - 45mins</b> WP Burn	<b>6:00pm - 45mins</b> Zone Match Cardio Club	<b>6:30pm - 45mins</b> WP Burn	
<b>6:30pm - 45mins</b> Indoor Cycling	<b>6:00pm - 45mins</b> WP Burn	<b>6:30pm - 45mins</b> Indoor Cycling	<b>7:30pm - 45mins</b> WP Burn		
<b>7:30pm - 45mins</b> WP Burn	<b>7:00pm - 45mins</b> Zone Match Cardio Club				
					<b>SUNDAY</b>
					<b>10:00am - 45mins</b> WP Burn
					<b>11:15am - 45mins</b> Zone Match Cardio Club



# Westpark Fitness Underground Classes Timetable

*(places must be booked in advance on the Westpark Fitness app)*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6.30am - 45mins</b> Indoor Cycling	<b>6.30am - 45mins</b> WP Burn	<b>6.30am - 45mins</b> Indoor Cycling	<b>6.30am - 45mins</b> WP Burn	<b>6.30am - 45mins</b> Myzone Spin	<b>8.30am - 45mins</b> WP Burn
<b>10:00am - 45mins</b> Indoor Cycling	<b>11:00am - 45mins</b> WP Burn	<b>10:00am - 45mins</b> Myzone Spin	<b>10:00am - 45mins</b> WP Burn	<b>10:00am - 45mins</b> Indoor Cycling	<b>10:00am - 45mins</b> Indoor Cycling
<b>11:15am - 45mins</b> WP Burn	<b>6:00pm - 45mins</b> WP Burn	<b>11:15am - 45mins</b> WP Burn	<b>6:00pm - 45mins</b> WP Burn	<b>11:15am - 45mins</b> WP Burn	<b>12:00pm - 45mins</b> WP Burn 
<b>5:30pm - 45mins</b> WP Burn	<b>7:15pm - 45mins</b> Myzone Spin	<b>5:30pm - 45mins</b> WP Burn	<b>7:15pm - 45mins</b> Myzone Spin	<b>6:30pm - 45mins</b> Indoor Cycling	
<b>6:30pm - 45mins</b> Indoor Cycling		<b>6:30pm - 45mins</b> Indoor Cycling			
<b>7:30pm - 45mins</b> WP Burn 					
					<b>SUNDAY</b>
					<b>10:00am - 45mins</b> Indoor Cycling
					<b>11:15am - 45mins</b> WP Burn

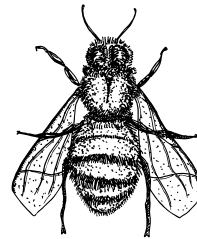
**Ingredients:**

Aqua (Water),  
Antiperspirant,  
Essential oils, Hops,  
Baking soda,  
Cyclomethicone,  
triethanolamine and  
diethanolamine, Non-  
GMO arrowroot  
powder.

**Made in Columbia**

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123 Anywhere St., Any  
City,  
ST 12345

★ PREMIUM LOCAL MADE HONEY ★



RIMBERIO CO.

100% AUTHENTIC HONEY

500ml

**Notice:**

Honey should not be  
fed to infants under  
one year of age. Honey  
is a safe and  
wholesome food for  
children and adults.

