



Westport Hotel Group

WESTPORT PLAZA  
HOTEL

CASTLE COURT  
HOTEL

WESTPORT COAST  
HOTEL



# RESIDENTIAL PROGRAMME

**MONDAY**

**10.00AM**

**PILATES**

**7.00PM**

**PILATES**

**8.30PM**

**TABLE  
QUIZ**

**TUESDAY**

**7.00PM**

**AQUA  
AEROBICS**

**7.00PM**

**YOGA FLOW**

**8.30PM**

**BINGO**

**WEDNESDAY**

**10AM**

**DAY TRIP  
\*ADDITIONAL COST**

**9.30PM**

**JOE FORDE &  
NEANTOG IRISH SHOW**

**THURSDAY**

**11AM**

**COOKERY  
DEMONSTRATION**

**11AM**

**AQUA AEROBICS**

**7PM**

**CIRCUIT CLASS**

**Complimentary Programme, See reception  
for more information**