

Swan Leisure Online Class Timetable

April 2021

MONDAY

Kettle Bells	10:30 am	Cathy	30 min
Legs/Abs/Bums	1:30 pm	Adam	40 min
Yoga	3:30 pm	Gerry	50 min
Pump & Tone (€)	6:30 pm	Jitka	45 min

TUESDAY

Advanced Pilates	7:15 am	Maria	45 min
Fit4Life	10:30 am	Adam	45 min
Corecentric	1:30 pm	Maria	30 min
Piloxing (Ps)	5:30 pm	Jitka	45 min
Run Ready	6:30 pm	Maria	15 min

WEDNESDAY

Pilates	10:30 am	Cathy	45 min
Yoga	3:30 pm	Gerry	50 min
Barre (Ps)	5:30 pm	Jitka	45 min
Pump & Tone (€)	6:30 pm	Adam	45 min

THURSDAY

Pilates	7:15 am	Maria	45 min
Fit4Life	10:30 am	Maria	45 min
Total Body	1:30 pm	Adam	30 min
Piloxing (Ps)	6:30 pm	Jitka	45min

FRIDAY

Corecentric	8:00 am	Maria	30 min
Yoga	10:30 am	Cathy	50 min

SATURDAY

Barre (Ps)	10:30 am	Jitka	45 min
Pilates	11:30 am	Jitka	45 min
Pump & Tone (€)	1:30 pm	Adam	45 min

(Ps)- Free private session for current members. To register email info@swanleisure.ie

(€) - Please email info@swanleisure.ie for details and payments.