

Swan Leisure Class Timetable

April 14th - 27th 2025

MONDAY

Spin - Tri Spin 40km	10:15	90mins	The Loft
KickBox	11:00	45mins	Studio 1
Stretch and Release	12:00	45mins	Studio 1

TUESDAY

Pilates	7:10	45mins	Studio 1
Fit4Life	10:15	45mins	Studio 1
Fit4Life	11:15	45mins	Outdoors
Gentle Flow Yoga	11:15	45mins	Studio 1
Yogalates	13:00	45mins	Studio 1
Advanced Pilates	17:30	45mins	Studio 1
Power Pulse	17:30	45mins	Sports Hall
Spin	17:30	45mins	The Loft
Barre Pilates	18:25	45mins	Studio 1
Yoga	18:25	45mins	Sports Hall
Pilates	19:20	45mins	Sports Hall
Zumba	19:20	45mins	Studio 1
Advanced Yoga	20:15	45mins	Studio 1

WEDNESDAY

Spin	7:10	45mins	The Loft
Fit4Life	10:40	45mins	Studio 1
Yogalates	11:15	45mins	Studio 1
Pilates	13:00	45mins	Studio 1
Learn2LIFT	17:00	45mins	Teen Gym
Advanced Yoga	17:30	45mins	Studio 1
Pilates	17:30	45mins	Sports Hall
Advanced Pilates	18:25	45mins	Studio 1
Pump	18:30	45mins	Sports Hall
Spin	18:30	45mins	The Loft
Zumba	19:20	40mins	Studio 1
Yoga	19:30	45mins	Sports Hall
Battle Spin	20:15	45mins	The Loft

THURSDAY

Pilates	7:10	45mins	Studio 1
Fit4Life	10:15	45mins	Studio 1
Fit4Life	11:15	45mins	Outdoors
Yoga	13:00	45mins	Studio 1
Women's Strength	17:30	45mins	Studio 1
Power Pulse	17:45	45mins	Sports Hall
Barre Pilates	18:30	45 min	Studio 1
Spin	18:45	45mins	The Loft
Pilates	18:45	45mins	Sports Hall
Zumba	19:20	45mins	Studio 1
Yoga	19:40	45mins	Sports Hall
Zumba	20:15	45mins	Studio 1

FRIDAY

Stretch and Release	7:10	45mins	Studio 1
Pilates	11:15	45mins	Studio 1
Yoga	13:00	45 min	Studio 1
Barre Pilates	17:30	45mins	Studio 1
S/L Box	17:30	45mins	Sports Hall
Yoga	18:30	45mins	Studio 1
Spin	18:30	45mins	The Loft

SATURDAY

Yoga	10:10	45mins	Studio 1
Sprint Spin (20km)	10:10	45mins	The Loft
Pump	11:15	45mins	Sports Hall
Zumba	11:30	45mins	Studio 1
Stretch and Release	12:30	45mins	Studio 1

SUNDAY

Tri Spin (40km)	10:10	90mins	Spin Studio
Barre Pilates	10:15	45mins	Studio 1
S/L Box	12:15	45mins	Studio 1

For Group PT and PT send email to info@swanleisure.ie