

# — Swan Leisure —

## CLASS TIMETABLE JULY 2026

### MONDAY

7:10	Ignite	45mins	SPORTS HALL
9:15	Fit4Life	45mins	STUDIO 1
10:15	Fit4Life	45mins	STUDIO 1
11:15	Pilates	45mins	STUDIO 1
12:10	Zumba	45mins	STUDIO 1
13:05	Yoga	45mins	STUDIO 1
16:30	Active Teen	45mins	STUDIO 1
17:30	Women's Strength	45mins	SPORTS HALL
17:30	Athleti Core	30mins	STUDIO 1
18:15	Pilates	45mins	STUDIO1
18:30	Odyssey	45mins	THE LOFT
18:30	Pump	45mins	SPORTS HALL
19:15	Zumba	45mins	STUDIO 1
19:30	Yoga	45mins	SPORTS HALL
20:15	Pilates	45mins	STUDIO1

### TUESDAY

7:10	Pilates	45mins	STUDIO1
9:15	Fit4Life	45mins	STUDIO 1
10:15	Fit4Life	45mins	STUDIO 1
11:15	Fit4Life	45mins	STUDIO 1
12:00	Gentle Flow Yoga	45mins	STUDIO 1
13:05	Women's Strength	45mins	STUDIO 1
16:30	Active Teen	45mins	STUDIO 1
17:30	Ignite	45mins	SPORTS HALL
17:30	RPM Revolution	45mins	THE LOFT
18:25	Pilates	45mins	STUDIO 1
18:25	Yoga	45mins	SPORTS HALL
19:20	Pump	45mins	SPORTS HALL
19:20	Zumba	45mins	STUDIO 1
20:15	Pilates	45mins	STUDIO 1

### WEDNESDAY

7:05	Athleti Core	30mins	STUDIO 1
7:10	Gentle Spin	45mins	THE LOFT
9:15	Fit4Life	45mins	STUDIO 1
10:15	Fit4Life	45mins	STUDIO 1
11:15	Stretch and Release	45mins	STUDIO 1
13:05	Pilates	45mins	STUDIO 1
16:30	Active Teen	45mins	STUDIO 1
17:20	StepUp	45mins	STUDIO 1
17:30	Pilates	45mins	SPORTS HALL
18:25	Advanced Pilates	45mins	STUDIO 1
18:30	RPM Revolution	45mins	THE LOFT
18:30	Pump	45mins	SPORTS HALL
19:15	Zumba	45mins	STUDIO1
19:30	Cardio Combat	45mins	SPORTS HALL

### THURSDAY

7:10	Pilates	45mins	STUDIO 1
9:15	Fit4Life	45mins	STUDIO 1
10:15	Fit4Life	45mins	STUDIO 1
11:15	Fit4Life	45mins	STUDIO 1
12:10	StepUp	45mins	STUDIO 1
13:05	Yoga	45mins	STUDIO 1
16:30	Gentle Pump	45mins	STUDIO 1
17:30	Athleti Core	30mins	STUDIO 1
17:30	Pump	45mins	SPORTS HALL
18:15	Pilates	45mins	STUDIO 1
18:30	Women's Strength	45mins	SPORTS HALL
18:45	Power Pursuit	45mins	THE LOFT
19:20	Zumba	45mins	STUDIO 1
19:30	Yoga	45mins	SPORTS HALL
20:15	Cardio Combat	45mins	STUDIO 1

### FRIDAY

7:10	StepUp	45mins	STUDIO 1
11:15	Gentle Pump	45mins	STUDIO 1
12:10	Cardio Combat	45mins	STUDIO 1
13:05	Stretch and Release	45mins	STUDIO 1
17:30	Ignite	45mins	SPORTS HALL
18:30	Yoga	45mins	STUDIO 1
18:30	Odyssey	45mins	THE LOFT

### SATURDAY

10:10	Yoga	45mins	STUDIO 1
10:10	Pump	45mins	SPORTS HALL
11:15	Power Pursuit	45mins	THE LOFT
11:15	Yogalates	45mins	SPORTS HALL
11:30	Zumba	45mins	STUDIO 1
12:30	Stretch and Release	45mins	STUDIO 1

### SUNDAY

10:10	Odyssey	60mins	THE LOFT
11:30	Ignite	45mins	SPORTS HALL
13:15	Stretch and Release	45mins	STUDIO 1



**PERSONAL TRAINING QUERIES EMAIL:**  
INFO@SWANLEISURE.IE

GROUP FITNESS CLASSES ARE **FREE FOR MEMBERS**  
AND **€10 FOR GUESTS.**

**NOT SURE WHICH CLASS TO PICK?**  
PLEASE BOOK AN INDUCTION AT RECEPTION.

