

# Swan Leisure Class Timetable

## October 2024

### MONDAY

Pilates	7:15 AM	45 min	Studio 1
Pilates	9:45 AM	45 min	Studio 1
Yoga	1:00 PM	45 min	Studio 1
One More Rep (Teen Gym)	5:00 PM	40 min	Studio 1
Stretch and Release	5:45 PM	40 min	Studio 1
Pump & Tone	5:30 PM	45 min	Sports Hall
Cross Training	6:35 PM	45 min	Sports Hall
BoxFit	6:45 PM	30 min	Studio 1
Spin (My Ride)	6:30 PM	45 min	The Loft
Yoga	7:30 PM	45 min	Sports Hall
Zumba	7:45 PM	45 min	Studio 1
Aqua	8:05 PM	30 min	Pool

### TUESDAY

Pilates	7:15 AM	45 min	Studio 1
Fit4Life	10:15 AM	45 min	Sports Hall
Fit4Life	11:10 AM	45 min	Sports Hall
Aqua	12:00 PM	40 min	Pool
New Class: Yogalates	1:00 PM	45 min	Studio 1
Pump & Tone	5:15 PM	45 min	Sports Hall
Stretch and Release	5:30 PM	45 min	Studio 1
Yoga Therapy	6:15 PM	45 min	Sports Hall
Squeeze	6:30 PM	45 min	Studio 1
Pilates	7:15 PM	40 min	Sports Hall
Zumba	7:30 PM	45 min	Studio 1
Spin (Power Battle)	7:30 PM	45 min	The Loft

### WEDNESDAY

Power Spin	7:15 AM	45 min	The Loft
Ballet Barre	11:15 AM	45 min	Studio 1
Pilates	11:15 AM	45 min	Sports Hall
Aqua	12:00 PM	45 min	Pool
Pilates	1:00 PM	45 min	Studio 1
One More Rep (Teen Gym)	5:00 PM	40 min	Studio 1
Pump & Tone	5:15 PM	45 min	Sports Hall
Spin (CBC)	5:30 PM	45 min	The Loft
Yogalates	6:15 PM	45 min	Studio 1
Bootcamp	6:15 PM	45 min	Sports Hall
Flow Yoga	7:30 PM	45 min	Sports Hall
Dance Fit	7:15 PM	45 min	Studio 1

### THURSDAY

Pilates	7:15 AM	45 min	Studio 1
Stretch and Release	9:15 AM	45 min	Sports Hall
Fit4Life	10:15 AM	45 min	Sports Hall
Fit4Life	11:10 AM	45 min	Sports Hall
Aqua	12:00 PM	40 min	Pool
Yoga	1:00 PM	45 min	Studio 1
FLOW	5:15 PM	45min	Studio 1
Spin (Power Battle)	5:30 PM	45 min	The Loft
New Class: Ballet Barre	6:15 PM	45 min	Studio 1
Bootcamp	6:15 PM	45 min	Sports Hall
Zumba	7:15 PM	45 min	Studio 1
Yoga	7:15 PM	45 min	Sports Hall
Zumba	8:15 PM	45 min	Studio 1

### FRIDAY

Stretch and Release	7:15 AM	45 min	Studio 1
Beginners Pilates	9:45 AM	45 min	Studio 1
Aqua	9:50 AM	40 min	Pool
Stretch and Release	1:00 PM	45 min	Studio 1
Cross Training	5:30 PM	45 min	Sports Hall
Barre Pilates	5:30 PM	45 min	Studio 1
Yoga for Arthritis	6:30 PM	45 MIN	Studio 1
Spin	6:30 PM	45 min	The Loft

### SATURDAY

Spin	10:15 AM	45 min	The Loft
Yoga	11:15 AM	45 min	Sports Hall
Zumba	11:30 AM	45 min	Studio 1
Squeeze	12:30 PM	45 min	Studio 1

### SUNDAY

Super Spin (My Ride)	10:15 AM	60 min	The Loft
Barre Pilates	10:15 AM	45 min	Studio 1
Reppin'	11:30 AM	45 min	Sports Hall

Fit4Life classes will take place in studio

For Group PT and PT send email to [robin@swanleisure.ie](mailto:robin@swanleisure.ie)