

Swan Leisure Class Timetable

September 2023

MONDAY

Spin (My Ride)	7:15 AM	45 min	The Loft
Pilates	9:45 AM	45 min	Studio 1
Yoga	1:00 PM	45 min	Studio 1
Power Spin	5:30 PM	30 min	The Loft
Pump & Tone	5:30 PM	45 min	Sports Hall
Cross Training	6:30 PM	45 min	Sports Hall
BoxFit	6:30 PM	30 min	Studio 1
Spin (My Ride)	6:30 PM	45 min	The Loft
Yoga	7:30 PM	45 min	Sports Hall
Zumba	7:30 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
Pilates	1:00 PM	45 min	Studio 1
HIIT (Back to Basics)	5:15 PM	45 min	Sports Hall
Spin (CBC)	5:30 AM	45 min	The Loft
Yoga Therapy	6:15 PM	45 min	Sports Hall
Squeeze	6:30 PM	45 min	Studio 1
Pilates	7:15 PM	45 min	Studio 1
Zumba	7:15 PM	45 min	Studio 1
Spin (Power Battle)	7:30 PM	45 min	The Loft

WEDNESDAY

Spin	7:15 AM	45 min	The Loft
Aqua	12:00 PM	45 min	Pool
Pump & Tone	5:15 PM	45 min	Sports Hall
Pilates	5:15 PM	45 min	Studio 1
Spin (Power Battle)	6:15 PM	45 min	The Loft
Bootcamp	6:15 PM	45 min	Sports Hall
Flow Yoga	7:30 PM	45 min	Sports Hall
Zumba	7:15 PM	45 min	Studio 1
Spin	7:30 PM	45 min	The Loft

THURSDAY

Pilates	7:15 AM	45 min	Studio 1
Pilates	9:45 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
Yoga	1:00 PM	45 min	Studio 1
Squeeze	6:15 PM	45 min	Studio 1
Bootcamp	6:15 PM	45 min	Sports Hall
Spin (Power Battle)	6:15 PM	45 min	The Loft
Bars & Bells	7:15 PM	45 min	Studio 1
Yoga	7:30 PM	45 min	Sports Hall

FRIDAY

Stretch and Release	7:15 AM	45 min	Studio 1
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
Spin	6:30 PM	45 min	The Loft

SATURDAY

Spin (CBC)	10:15 AM	45 min	The Loft
Yoga/Pilates	11:30 AM	45 min	Sports Hall
Zumba	11:30 AM	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

Email robin@swanleisure.ie for your FREE Personal Training consultation.