

Swan Leisure Class Timetable

January 2026

MONDAY

Ignite	7:10 AM	45 min	Sports Hall
Fit4Life	9:15 AM	45 min	Studio 1
Fit4Life	10:15 AM	45 min	Studio 1
Stretch and Release	11:15 AM	45 min	Studio 1
Cardio Combat	12:10 PM	45 min	Studio 1
Yoga	1:05 PM	45 min	Studio 1
Active Teen	4:30 PM	45 min	Studio 1
Womens Strength	5:30 PM	45 min	Sports Hall
Athleti - Core	5:30 PM	30 min	Studio 1
Odyssey	6:15 PM	45 min	Spin Studio
Pilates	6:15 PM	45 min	Studio 1
Pump	6:30 PM	45 min	Sports Hall
Power Pursuit	7:15 PM	45 min	Spin Studio
Zumba	7:15 PM	45 min	Studio 1
Yoga	7:30 PM	45 min	Sports Hall
Pilates	8:15 PM	40 min	Studio 1

TUESDAY

Pilates	7:10 AM	45 min	Studio 1
Athleti Core	9:15 AM	30 min	Studio 1
Fit4Life	10:15 AM	45 min	Sports Hall
Fit4Life	11:15 AM	45 min	Sports Hall
Gentle Flow Yoga	12:10 PM	45 min	Studio 1
Women's Strength	1:05 PM	45 min	Studio 1
Active Teen	4:30 PM	45 min	Studio 1
Barre Pilates	5:30 PM	45 min	Studio 1
Ignite	5:30 PM	45 min	Sports Hall
RPM Revolution	5:30 PM	45 min	Spin Studio
Yoga	6:25 PM	45 min	Sports Hall
Pilates	6:25 PM	45 min	Studio 1
Pump	7:20 PM	45 min	Sports Hall
Zumba	7:20 PM	45 min	Studio 1
Rhythm	7:30 PM	45 min	Spin Studio
Pilates	8:15 PM	45 min	Sports Hall

WEDNESDAY

Athleti Core	7:05 AM	30 min	Studio 1
Gentle Spin	7:10 AM	45 min	Spin Studio
Fit4Life	9:15 AM	45 min	Studio 1
Fit4Life	10:15 AM	45 min	Studio 1
Stretch & Release	11:00 AM	45 min	Studio 1
Pilates	1:05 PM	45 min	Studio 1
Active Teen	4:30 PM	45 min	Studio 1
StepUp!	5:20 PM	45 min	Studio 1
Pilates	5:30 PM	45 min	Sports Hall
Advanced Pilates	6:15 PM	45 min	Studio 1
Pump	6:30 PM	45 min	Sports Hall
RPM Revolution	6:30 PM	45 min	Spin Studio
Cardio Combat	7:30 PM	45 min	Sports Hall
Zumba	7:15 PM	45 min	Studio 1
Odyssey	8:15 PM	30 min	Spin Studio

THURSDAY

Pilates	7:10 AM	45 min	Studio 1
Pump	9:15 AM	45 min	Studio 1
Fit4Life	10:15 AM	45 min	Sports Hall
Fit4Life	11:15 AM	45 min	Sports Hall
Step Up	12:10 PM	45 min	Studio 1
Yoga	1:05 PM	45 min	Studio 1
Gentle Pump	4:30 pm	45 min	Studio 1
Athleti Core	5:30 PM	30 min	Studio 1
Pump	5:30 PM	45 min	Sports Hall
Pilates	6:15 PM	45 min	Studio 1
Womens Strength	6:30 PM	45 min	Sports Hall
Power Pursuit	6:45 PM	45 min	Spin Studio
Zumba	7:15 PM	45 min	Studio 1
Yoga	7:30 PM	45 min	Sports Hall
Cardio Combat	8:15 PM	45 min	Studio 1

FRIDAY

Step Up	7:10 AM	45mins	Studio 1
Gentle Pump	11:15 AM	45mins	Studio 1
Cardio Combat	12:10 PM	45mins	Studio 1
Stretch and Release	1:05 PM	45mins	Studio 1
Barre Pilates	5:30 PM	45 min	Studio 1
Ignite	5:30 PM	45 min	Sports Hall
Yoga	6:30 PM	45 min	Studio 1
Odyssey	6:30 PM	45 min	Spin Studio

SATURDAY

Pump	10:10 AM	45 min	Sports Hall
Yoga	10:10 AM	45 min	Studio 1
Power Pursuit	11:15 AM	45 min	Spin Studio
Pilates	11:15 AM	45 min	Sports Hall
Zumba	11:30 AM	45 min	Studio 1
Stretch & Release	12:30 PM	45 min	Studio 1

SUNDAY

Odyssey	10:10 AM	60 min	Spin Studio
Barre Pilates	11:00 AM	45 min	Studio 1
Ignite	11:30 AM	45 min	Sports Hall
Stretch & Release	1:15 PM	45 min	Studio 1

For Group PT and PT send email to info@swanleisure.ie
Walk & Run Club: For more details contact carla@swanleisure.ie

Please note: The pool closes 30 minutes before facility closing time, and the gym closes 15 minutes before closing time.