

Swan Leisure Class Timetable

January 2022

MONDAY

Spin (My Ride)	7:15 am	Maria	45 min	The Loft
Pilates	9:45 am	Maria	45 min	Sports Hall
Yoga	1:00 pm	Lukasz	45 min	Studio 1
Pump & Tone	5:30 pm	Natalia	45 min	Sports Hall
Spin (CBC)	5:30 pm	Lukasz	45 min	The Loft
Pilates	5:30 pm	Jitka	45 min	Studio 1
Yoga	6:30 pm	Gerry	45 min	Sports Hall
Kettle Bells	6:30 pm	Lukasz	45 min	Studio 1
Spin (My Ride)	6:30 pm	Cathy	45 min	The Loft
Combat Conditioning	7:20 pm	Jitka	40 min	Sports Hall
Pilates	8:15 pm	Cathy	45 min	Studio 1
Virtual Spin	8:15 pm	Virtual	45 min	The Loft

TUESDAY

Pilates	7:15 am	Maria	45 min	Sports Hall
Spin (Virtual)	7:15 am	Virtual	45 min	The Loft
Fit4Life	10:15 am	Pablo	45 min	Sports Hall
Aqua	12:00 pm	Maria	40 min	Pool
HiIT Circuits	5:15 pm	Jitka	45 min	Sports Hall
Spin (My Ride)	5:30 pm	Pablo	45 min	The Loft
Barre Pilates	6:30 pm	Jitka	45 min	Studio 1
BoxFit	6:15 pm	Natalia	45 min	Sports Hall
Spin (CBC)	7:30 pm	Natalia	45 min	The Loft
Corecentric	7:30 pm	Jack	45 min	Studio 1
Virtual Spin	8:15 pm	Virtual	45 min	The Loft

WEDNESDAY

Combat Conditioning	7:15 am	Lukasz	45 min	Sports Hall
Aqua	12:00 pm	Natalia	45 min	Pool
Pilates	5:15 pm	Cathy	45 min	Sports Hall
Spin	6:05 pm	Lukasz	45 min	The Loft
Yoga	6:30 pm	Gerry	45 min	Sports Hall
Pump & Tone	7:30 pm	Seosaimhin	45 min	Sports Hall
Spin	7:00 pm	Natalia	45 min	The Loft
Kettle Bells	8:20 pm	Cathy	30 min	Studio 1
Aqua	8:00 pm	Natalia	45 min	Pool
Virtual Spin	8:25 pm	Virtual	45 min	The Loft

THURSDAY

Pilates	7:15 am	Maria	45 min	Sports Hall
Spin	7:15 am	Virtual	45 min	The Loft
Fit4Life	10:15 am	Maria	45 min	Sports Hall
Aqua	12:00 pm	Maria	40 min	Pool
Yoga	1:00 pm	Cathy	45 min	Sports Hall
Spin (My Ride)	5:15 pm	Cathy	45 min	The Loft
Barre Pilates	5:30 pm	Jitka	45 min	Studio 1
Pump & Tone	6:15 pm	Jack	45 min	Sports Hall
Spin	6:30 pm	Jitka	45 min	The Loft
Yogalates	7:15 pm	Cathy	45 min	Studio 1
Virtual Spin	8:15 pm	Virtual	45 min	The Loft

FRIDAY

Spin	7:15 am	Natalia	45 min	The Loft
Aqua	9:50 am	Natalia	40 min	Pool
HiIT Pilates	1:00 pm	Cathy	45 min	Sports Hall
Spin (My Ride)	5:30 pm	Natalia	45 min	The Loft
Yoga	6:30 pm	Gerry	45 min	Sports Hall
Barre Pilates	6:30 pm	Cathy	45 min	Studio 1

SATURDAY

Spin (CBC)	10:15 am	Jitka	45 min	The Loft
HiIT Circuits	11:30 am	Rotating	45 min	Sports Hall

SUNDAY

Super Spin (My Ride)	10:15 am	Lukasz	60 min	The Loft
Yoga	11:30	Rotating	45 min	Sports Hall

For personal training inquiries email robin@swanleisure.ie

*Class times will vary over the New Year

*In line with government policy, valid Covid-19 certification will be needed to participate in all classes