

Swan Leisure Class Timetable

January 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
Barre Pilates	5:30 PM	45 min	Studio 1
Vinyasa Flow Yoga	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
Pilates	7:30 PM	45 min	Studio 1
Bootcamp	7:30 PM	45 min	Sports Hall
Aqua	8:05 PM	30 min	Pool

TUESDAY

Pilates	7:15 AM	45 min	Studio 1
Buggylicious	10:00 AM	45 min	Studio 1
Fit4Life	10:15 AM	45 min	Sports Hall
Fit4Life	11:15 AM	45 min	Studio 1
Aqua Pump	12:00 PM	40 min	Pool
HIIT (Back to Basics)	5:15 PM	45 min	Sports Hall
Barre Pilates	5:15 PM	45 min	Studio 1
Yoga Therapy	6:30 PM	45 min	Sports Hall
Squeeze	6:30 PM	45 min	Studio 1
Spin (Power Battle)	7:30 PM	45 min	The Loft
Zumba	7:30 PM	45 min	Studio 1

WEDNESDAY

Pilates	7:15 AM	45 min	Studio 1
Aqua Pump	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
Bars & Bells	6:15 PM	45 min	Studio 1
Flow Yoga	6:15 PM	45 min	Sports Hall
Zumba	7:15 PM	45 min	Studio 1
Reppin'	7:15 PM	45 min	Sports Hall
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	11:15 AM	45 min	Studio 1
Aqua	12:00 PM	40 min	Pool
Yoga	1:00 PM	45 min	Studio 1
Squeeze	5:30 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
Virtual Spin	8:10 PM	45 min	The Loft

FRIDAY

Spin	7:15 AM	45 min	The Loft
Pilates	9:45 AM	45 min	Studio 1
Aqua	9:50 AM	40 min	Pool
Squeeze	1:00 PM	45 min	Studio 1
Reppin'	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
HIIT (Back to Basics)	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
Reppin'	11:30 AM	45 min	Sports Hall

Looking to accelerate your 2023 Fitness goals? Email robin@swanleisure.ie for your FREE Personal Training consultation.