

Swan Leisure Class Timetable

January 2025

MONDAY

Power Pulse	7:05 AM	45 min	Sports Hall
Fit4Life	10:15 AM	45 min	Studio 1
Pilates	11:15 AM	45 min	Sports Hall
Yoga	1:00 PM	45 min	Studio 1
Learn2LIFT	5:00 PM	45 min	Gym
Advanced Yoga	5:30 PM	45 min	Studio 1
Pump	5:30 PM	45 min	Sports Hall
BoxFit	6:30 PM	45 min	Studio 1
Pilates	6:30 PM	45 min	Sports Hall
Battle Spin	6:30 PM	45 min	Spin Studio
Zumba	7:30 PM	45 min	Studio 1
Yoga	7:30 PM	45 min	Sports Hall
Advanced Pilates	8:20 PM	40 min	Studio 1
Spin	8:15 PM	45 min	Spin Studio

TUESDAY

Pilates	7:05 AM	45 min	Studio 1
Fit4Life	10:15 AM	45 min	Sports Hall
Fit4Life	11:15 AM	45 min	Sports Hall
Gentle Flow Yoga	11:15 AM	45 min	Studio 1
Yogalates	1:00 PM	45 min	Studio 1
Advanced Pilates	5:30 PM	45 min	Studio 1
Power Pulse	5:30 PM	45 min	Sports Hall
Spin	5:30 PM	45 min	Spin Studio
Yoga	6:30 PM	45 min	Sports Hall
Barre Pilates	6:25 PM	45 min	Studio 1
Pilates	7:15 PM	45 min	Sports Hall
Zumba	7:20 PM	45 min	Studio 1
Advanced Yoga	8:15 PM	45 min	Studio 1

WEDNESDAY

Power Spin	7:05 AM	45 min	Spin Studio
Fit4Life	10:15 AM	45 min	Studio 1
Yoga	11:15 AM	45 min	Sports Hall
Pilates	1:00 PM	45 min	Studio 1
Learn2LIFT	5:00 PM	45 min	Gym
Advanced Yoga	5:30 PM	45 min	Studio 1
Pilates	5:30 PM	45 min	Sports Hall
Advanced Pilates	6:20 PM	45 min	Studio 1
Pump	6:30 PM	45 min	Sports Hall
Spin	6:30 PM	45 min	Spin Studio
S/L Box	7:20 PM	40 min	Studio 1
Yoga	7:30 PM	45 min	Sports Hall
Battle Spin	8:15 PM	45 min	Spin Studio

THURSDAY

Pilates	7:05 AM	45 min	Studio 1
Fit4Life	10:15 AM	45 min	Sports Hall
Fit4Life	11:15 AM	45 min	Sports Hall
Yoga	1:00 PM	45 min	Studio 1
Women's Strength	5:30 PM	45 min	Studio 1
Power Pulse	5:30 PM	45 min	Sports Hall
Pilates	6:30 PM	45 min	Sports Hall
Barre Pilates	6:30 PM	45 min	Studio 1
Spin	6:30 PM	45 min	Spin Studio
Zumba	7:30 PM	45 min	Studio 1
Yoga	7:30 PM	45 min	Sports Hall
Zumba	8:15 PM	45 min	Studio 1

FRIDAY

Stretch & Release	7:05 AM	45mins	Studio 1
Pilates	11:15 AM	45 min	Studio 1
Yoga	1:00 PM	45 min	Studio 1
Barre Pilates	5:30 PM	45 min	Studio 1
S/L Box	5:30 PM	45 min	Sports Hall
Yoga	6:30 PM	45 min	Sports Hall
Spin	6:30 PM	45 min	Spin Studio

SATURDAY

Yoga	10:05 AM	45 min	Studio 1
Sprint Spin (20km)	10:05 AM	45 min	Spin Studio
Power Pulse	11:15 AM	45 min	Sports Hall
Zumba	11:30 AM	45 min	Studio 1
Pilates	12:30 PM	45 min	Studio 1

SUNDAY

Tri Spin (40km)	10:05 AM	90 min	Spin Studio
Barre Pilates	10:15 AM	45 min	Studio 1
S/L Box	12:15 PM	45 min	Sports Hall

For Group PT and PT send email to info@swanleisure.ie