

Swan Leisure Online Class Timetable

January 2021

MONDAY

Lifestyle Challenge	10:30 am	Cathy	45 min
Six Pack	1:30 pm	Sanja	30 min
Yoga Challenge	5:30 pm	Gerry	50 min
Body Tone	6:30 pm	Jitka	45 min

THURSDAY

Pilates	7:15 am	Maria	45 min
Total Stretch	10:30 am	Sanja	45 min
Stress Buster	1:30 pm	James	45 min
Squat Challenge	6:30 pm	Maria	30 min

TUESDAY

Pilates	7:15 am	Maria	45 min
Squat Challenge	10:30 am	Maria	30 min
Total Stretch	1:30 pm	Sanja	45 min
Stress Buster	5:30 pm	James	45 min

FRIDAY

Six Pack	7:15 am	Sanja	30 min
Lifestyle Challenge	10:30 am	Cathy	45 min
Body Tone	1:30 pm	Jitka	45 min

WEDNESDAY

Lifestyle Challenge	10:30 am	Cathy	45 min
Six Pack	1:30 pm	Sanja	30 min
Yoga Challenge	5:30 pm	Gerry	50 min
Body Tone	6:30 pm	Jitka	45 min

SATURDAY

Stress Buster	10:30 am	James	45 min
Pilates	11:30 am	Jitka	45 min
Squat Challenge	1:30 pm	Maria	30 min