

Swan Leisure Class Timetable

July 2021

MONDAY

BoxFit	7:15 am	Maria	45 min	Online
Barre Pilates	5:30 pm	Jitka	45 min	Outdoors
Street Yoga	6:30 pm	Gerry	45 min	Outdoors
Spin (Coach by Colour)	7:30 pm	Adam	45 min	Outdoors

TUESDAY

Advanced Pilates	7:15 am	Maria	45 min	Online
Fit4Life	10:30 am	Maria	45 min	Outdoors
Piloxing (Ps)	5:30 pm	Jitka	45 min	Online
HiiT Pilates	5:30 pm	Cathy	45 min	Outdoors
Pump & Tone	6:30 pm	Jitka	45 min	Outdoors

WEDNESDAY

Barre (Ps)	5:30 pm	Jitka	45 min	Online
Boot Camp	6:30 pm	Cathy	45 min	Outdoors
Spin	7:30 pm	Cathy	45 min	Outdoors

THURSDAY

Pilates	7:15 am	Maria	45 min	Online
Fit4Life	10:30 am	Maria	45 min	Outdoors
Pump & Tone	5:30 pm	Cathy	45 min	Outdoors
Piloxing	5:30 pm	Jitka	45 min	Online
Combat Conditioning	6:30 pm	Jitka	45 min	Outdoors

FRIDAY

Corecentre	8:00 am	Maria	30 min	Online
Pump & Tone	10:30 am	Adam	45 min	Outdoors
Spin	5:30 pm	Jitka	45 min	Outdoors

SATURDAY

Spin	10:15 am	Adam	45 min	Outdoors
Barre (Ps)	10:30 am	Jitka	45 min	Online
Boot Camp	11:30 am	Adam	45 min	Outdoors

SUNDAY

Super Spin	10:15 am	Rotating	60 min	Outdoors
Pump & Tone	11:30 am	Rotating	45 min	Outdoors

(Ps)- Free private session for current members. To register email info@swanleisure.ie