

# Swan Leisure Class Timetable

October 1st - 22nd

## MONDAY

Spin (My Ride)	7:15 am	Maria	45 min	The Loft
Yoga	1:00 pm	Lukasz	45 min	Studio 1
Combat Conditioning	5:30 pm	Jitka	45 min	Studio 1
Pump & Tone	5:30 pm	Jack	45 min	Sports Hall
Spin (CBC)	5:30 pm	Lukasz	45 min	The Loft
Yoga	6:30 pm	Gerry	45 min	Sports Hall
Kettle Bells	6:30 pm	Jack	45 min	Studio 1
Spin (My Ride)	6:30 pm	Pablo	45 min	The Loft
Hiit Pilates	7:30 pm	Jitka	45 min	Sports Hall

## TUESDAY

Advanced 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	Pablo	45 min	Sports Hall
Yoga	5:30 pm	Cathy	45 min	Studio 1
Spin (My Ride)	6:15 pm	Pablo	45 min	The Loft
Barre Pilates	6:30 pm	Jitka	45 min	Studio 1
Spin (CBC)	7:30 pm	Cathy	45 min	The Loft

## WEDNESDAY

Spin	7:15 am	Lukasz	45 min	The Loft
Express Aqua	10:30 am	Ciara	30 min	Pool
Kettle Bells	5:30 pm	Jack	45 min	Studio 1
Pilates	5:30 pm	Cathy	45 min	Sports Hall
Spin	6:30 pm	Cathy	45 min	The Loft
Corecentric	7:30 pm	Jack	30 min	Studio 1
Pump & Tone	7:30 pm	Pablo	45 min	Sports Hall

## THURSDAY

Advanced 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
Corecentric	1:00 pm	Pablo	45 min	Studio 1
Spin (My Ride)	5:30 pm	Pablo	45 min	The Loft
Barre Pilates	5:30 pm	Jitka	45 min	Studio 1
Combat Conditioning	6:30 pm	Pablo	45 min	Studio 1
Spin	6:30 pm	Jitka	45 min	The Loft

## FRIDAY

Bootcamp	7:15 am	Jitka	45 min	Sports Hall
Aqua	9:50 am	Ciara	40 min	Pool
Yoga	1:00 pm	Cathy	45 min	Sports Hall
Spin (My Ride)	6:30 pm	Pablo	45 min	The Loft
Hiit Pilates	6:30 pm	Cathy	45 min	Sports Hall

## SATURDAY

Spin (CBC)	10:15 am	Jitka	45 min	The Loft
Hiit Circuits	11:30 am	Jitka	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](mailto:robin@swanleisure.ie)

\*Please note this is subject to change