

# Swan Leisure Class Timetable

## September 2022

### 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
Spin	5:30 PM	45 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
Battle Bells	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
Function Body Movements	7:30 PM	45 min	Sports Hall

### TUESDAY

Pilates	7:15 AM	45 min	Studio 1
Fit4Life	10:15 AM	45 min	Sports Hall
Aqua Pump	12:00 PM	40 min	Pool
HIIT (Back to Basics)	5:15 PM	45 min	Sports Hall
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

Combat Conditioning	7:15 AM	45 min	Studio 1
Aqua Pump	12:00 PM	45 min	Pool
Squeeze	5:15 PM	45 min	Studio 1
Pump & Tone	5:15 PM	45 min	Sports Hall
Barre Pilates	5:15 PM	45 min	Studio 1
Spin (Power Battle)	6:15 PM	45 min	The Loft
Battle Bells	6:15 PM	45 min	Studio 1
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
HIIT Aqua	8:00 PM	45 min	Pool

### 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
Aqua	12:00 PM	40 min	Pool
Yoga	1:00 PM	45 min	Studio 1
Squeeze	5:30 PM	45 min	Studio 1
Function Body Movements	6:15 PM	45 min	Sports Hall
Spin (Power Battle)	6:15 PM	45 min	The Loft
Battle 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
Aqua	9:50 AM	40 min	Pool
Bars & Bells	1:00 PM	45 min	Studio 1
Reppin'	5:30 PM	45 min	Studio 1
Spin (CBC)	6:30 PM	45 min	The Loft

### SATURDAY

Spin (CBC)	10:15 AM	45 min	The Loft
Yoga	10:15 AM	45 min	Sports Hall
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

\*For Personal Training enquiries and a free Personal Training consultation please email [robin@swanleisure.ie](mailto:robin@swanleisure.ie)

\*For information about our new classes visit [swanleisure.ie](http://swanleisure.ie)