Swan Leisure

CLASS TIMETABLE **NOVEMBER**

MONDAY

07:10	Gentle Spin	30mins	THE LOFT
09:15	Fit4Life	45mins	STUDIO 1
10:15	Fit4Life	45mins	STUDIO 1
11:15	Pilates	45mins	STUDIO 1
12:10	Zumba	45mins	STUDIO 1
13:05	Yoga	45mins	STUDIO 1
17:30	Women's Strength	45mins	SPORTS HALL
17:30	Athleti Core	30mins	STUDIO 1
18:15	Pilates	45mins	STUDIO 1
18:30	Odyssey	45mins	THE LOFT
18:30	Pump	45mins	SPORTS HALL
19:15	Zumba	45mins	STUDIO 1
19:30	Yoga	45mins	SPORTS HALL
20:15	Pilates	45mins	STUDIO 1

TUESDAY

07:10	Pilates	45mins	STUDIO 1
09:15	Zumba	45mins	STUDIO 1
10:15	Pilates	45mins	STUDIO 1
10:15	Fit4Life	45mins	SPORTS HALL
11:10	Advanced Pilates	40mins	STUDIO 1
11:15	Fit4Life	45mins	SPORTS HALL
12:00	Gentle Flow Yoga	45mins	STUDIO 1
12:15	Rhythm Express	30mins	THE LOFT
13:05	Women's Strength	45mins	STUDIO 1
17:30	Ignite	45mins	SPORTS HALL
18:10	StepUp	45mins	STUDIO 1
18:25	Pilates	45mins	SPORTS HALL
19:20	Pump	45mins	SPORTS HALL
19:20	Zumba	45mins	STUDIO 1
20:15	Pilates	45mins	STUDIO 1

WEDNESDAY

07:05	Athleti Core	30mins	STUDIO 1
09:15	Fit4Life	45mins	STUDIO 1
10:15	Fit4Life	45mins	STUDIO 1
11:15	Stretch and Release	45mins	STUDIO 1
13:05	Pilates	45mins	STUDIO 1
17:20	Gentle Flow Yoga	45mins	STUDIO 1
17:30	Pilates	45mins	SPORTS HALL
18:25	Advanced Pilates	45mins	STUDIO 1
18:30	Pump	45mins	SPORTS HALL
18:30	RPM Revolution	45mins	THE LOFT
19:15	Zumba	45mins	STUDIO 1
19:30	Ignite	45mins	SPORTS HALL

THURSDAY

07:10	Pilates	45mins	STUDIO 1
09:15	Pump	45mins	STUDIO 1
10:15	Fit4Life	45mins	SPORTS HALL
11:15	Fit4Life	45mins	SPORTS HALL
12:10	StepUp	45mins	STUDIO 1
13:05	Yoga	45mins	STUDIO 1
16:30	Gentle Pump	45mins	STUDIO 1
17:30	Athleti Core	30mins	STUDIO 1
17:30	Pump	45mins	SPORTS HALL
18:15	Pilates	45mins	STUDIO 1
18:30	Women's Strength	45mins	SPORTS HALL
18:45	Power Pursuit	45mins	THE LOFT
19:20	Zumba	45mins	STUDIO 1
19:30	Yoga	45mins	SPORTS HALL

FRIDAY

07:10	StepUp	45mins	STUDIO 1
11:15	Gentle Pump	45mins	STUDIO 1
12:10	Beat and Burn	45mins	STUDIO 1
13:05	Stretch and Release	45mins	STUDIO 1
17:30	Ignite	45mins	SPORTS HALL
17:30	Barre Pilates	45mins	STUDIO 1
18:30	Yoga	45mins	STUDIO 1
18:30	Odyssey	45mins	THE LOFT

SATURDAY

10:10	Yoga	45mins	STUDIO 1
10:10	Pump	45mins	SPORTS HALL
11:15	Power Pursuit	45mins	THE LOFT
11:15	Yogalates	45mins	SPORTS HALL
11:30	Zumba	45mins	STUDIO 1
12:30	Stretch and Release	45mins	STUDIO 1

SUNDAY

10:10	Odyssey	60mins	THE LOFT
10:15	Barre Pilates	45mins	STUDIO 1
11:30	Yoga	45mins	STUDIO 1
11:30	Ignite	45mins	SPORTS HALL
13:15	Stretch and Release	45mins	STUDIO 1

PERSONAL TRAINING QUERIES EMAIL:
INFO@SWANLEISURE.IE

GROUP FITNESS CLASSES ARE **FREE FOR MEMBERS** AND **€10 FOR GUESTS.**

NOT SURE WHICH CLASS TO PICK?
PLEASE BOOK AN INDUCTION AT RECEPTION.

Swan Leisure
getting our community active