


Swan Fitness January Timetable 2019



Monday

| Time | Class | Duration | Studio |
|-------|---|----------|--------|
| 07:05 | HiitSpin40 | 40mins | S2 |
| 09:45 | Pilates | 45mins | SH |
| 11:15 | Buggylicious* | 45mins | S1 |
| 13:15 | HiiTCircuits*30 | 30mins | S1 |
| 16:00 | Teen Gym | 120mins | Gym |
| 18:00 | Yoga | 60mins | S1 |
| 18:15 | Pump&Tone | 45mins | SH |
| 18:15 | HiiTSpin40 | 40mins | S2 |
| 19:00 | Superspin | 60mins | S2 |
| 19:15 | Fit-Combat | 45mins | SH |
| 19:15 | HiiT Circuits | 45mins | SH |
| 19:15 | BARRE Pilates | 45mins | S1 |
| 20:10 | HiiTSpin45 | 45mins | S2 |
| 20:15 |  ZUMBA | 45mins | S1 |
| 20:15 | Pilates | 45mins | SH |


Tuesday

| Time | Class | Duration | Studio |
|-------|--|----------|--------|
| 07:15 | Pilates | 45mins | S1 |
| 10:15 | Fit4Life | 45Mins | SH |
| 11:00 | Spin Light | 30mins | S2 |
| 11:40 | Pump Express | 30mins | S1 |
| 13:15 | Pilates | 45mins | S1 |
| 16:00 | Teen Gym | 120mins | Gym |
| 18:15 | Pilates | 45mins | S1 |
| 18:15 | HiitSpin40 | 40mins | S2 |
| 19:15 | Bosschick | 45mins | S1 |
| 19:15 | HiiTSpin50 | 50mins | S2 |
| 20:00 |  PILOXING | 30mins | S1 |
| 20:30 | Yoga | 45mins | S1 |

Wednesday

| Time | Class | Duration | Studio |
|-------|--|----------|--------|
| 07:05 | HiitSpin40 | 40mins | S2 |
| 07:45 | Abs Blast | 15mins | SH |
| 09:45 | Pilates | 45mins | SH |
| 11:00 | Mum-Strong | 45mins | SH |
| 13:15 | BARRE Pilates | 45mins | S1 |
| 16:00 | Teen Gym | 120mins | Gym |
| 17:30 | Yoga | 45mins | S1 |
| 18:00 | HiiT Circuits | 45mins | SH |
| 18:10 | HiiTSpin50 | 50mins | S2 |
| 18:30 |  ZUMBA | 45mins | S1 |
| 19:00 | Pilates | 60mins | SH |
| 19:15 | HiiTSpin40 | 40mins | S2 |
| 19:30 |  PILOXING | 45mins | S1 |
| 20:15 | Pump&Tone | 45mins | SH |
| 20:15 | Power Yoga | 45mins | S1 |


Thursday

| Time | Class | Duration | Studio |
|-------|--|----------|--------|
| 07:15 | TRX Circuit | 45mins | SH |
| 10:15 | Fit4Life | 45mins | SH |
| 12:00 | Buggylicious* | 45mins | S1 |
| 13:15 | Pilates | 45mins | S1 |
| 16:00 | Teen Gym | 120mins | Gym |
| 17:30 | Yoga | 45mins | S1 |
| 18:15 | Fit-Combat | 45mins | S1 |
| 18:15 | HiiTSpin50 | 50mins | S2 |
| 19:15 | BARRE Pilates | 45mins | S1 |
| 19:15 | HiiTSpin40 | 40mins | S2 |
| 20:15 |  ZUMBA | 45mins | S1 |

Friday

| Time | Class | Duration | Studio |
|-------|---|----------|--------|
| 07:05 | HiitSpin40 | 40mins | S2 |
| 10:15 | Pilates | 45mins | SH |
| 11:00 |  PILOXING | 45mins | S1 |
| 13:15 | HiitSpin30 | 40mins | S2 |
| 18:15 | Spin | 45mins | S2 |
| 18:15 | BARRE Pilates | 45mins | S1 |
| 19:10 | Yoga | 60mins | S1 |

Saturday

| Time | Class | Duration | Studio |
|-------|--|----------|--------|
| 10:15 | Yoga | 60mins | SH |
| 10:15 | HiiTSpin45 | 45mins | S2 |
| 11:30 | TRX | 45mins | SH |
| 12:30 |  ZUMBA | 45mins | S1 |
| 13:15 | Pilates | 45mins | S1 |
| 14:15 | BARRE Pilates | 45mins | S1 |
| 15:00 | Teen Gym | 120mins | Gym |

Sunday

| Time | Class | Duration | Studio |
|-------|---------------|----------|--------|
| 10:15 | Yin Yoga | 45mins | S1 |
| 10:15 | SuperSpin | 60mins | S2 |
| 11:30 | Fit-Combat | 45mins | SH |
| 12:30 | Pilates | 45mins | S1 |
| 13:15 | Hiit Circuits | 45mins | S1 |

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|----|-------------|--------------|
| S1 | Studio 1 | Ground Floor |
| SH | Sports Hall | 2nd Floor |
| S2 | Spin Studio | 3rd Floor |

Swan Leisure Gym Classes

Buggylicious

Our Buggylicious Classes are designed for new mums looking to get back training. Buggylicious classes allow you to bring your baby into the studio with you! Spend quality time with your baby as you (re)start your fitness journey

250
KCAL

HiitSpin/40/50/60

High intensity interval training, comes to Spin! Proven to obliterate fat and increase fitness, HiitSpin is the next step in the SwanSpin Series.

350-600
KCAL

Mum-Strong

Introducing our new class Mum-Strong. This class is the next phase in our Mum Series. Here our main focus will be working on building strength. Mums are also welcome to bring baby along too but its not a requirement

300-400
KCAL

Fit4Life

A class designed with our over 55's in mind. Develop flexibility and maintain muscle mass and bone density, then enjoy a free cuppa over in Alpha Espresso Café.

200
KCAL

HiitCircuits

Circuits like you have never experienced before. High intensity interval training aims to shed body fat and challenge your fitness.

350
KCAL

PILOXING

A non - stop high intensity fusion of standing Pilates, Boxing and Plyometrics. Piloxing will take your fitness and core strength and put it to the test.

300
KCAL

TRX

Take your strength, core and fitness to the next level with our suspension training class. TRX will challenge all levels of fitness.

300
KCAL

ZUMBA

Regular workouts just not doing it for you? Ditch the workout and join the party!! With latin inspired moves and music, the Zumba party will get you moving! And now we have ZUMBA Tone! Better in toning and just as much fun.

450
KCAL

Yoga/Yin Yoga

A Hindu spiritual and ascetic discipline. Yoga includes breath control, simple meditation and incorporates specific body postures. Widely practised for a healthy mind and to de-stress.

200
KCAL

FIT Combat

Fit Combat provides cardiovascular, muscular and mental benefits. We can say that is a very complete set of exercises that includes boxing movements (kicks, punches, leg movements) and choreography to train different groups of muscles

530
KCAL

BARRE Pilates

Barre Pilates is a fusion of original standing balancing Pilates Movements and traditional Ballet movements. With a pinch of PILOXING - boxing cardio moves to give you full body toning and cardio workout

450
KCAL

The Boss Chick

BossChick Dance workout is a new fresh energetic aerobic dance workout. It has a mix of Hip-hop, Afrobeats, Dance hall and Twerking elements and its suitable for all ages and fitness levels

450
KCAL

Pump'nTone

Lift to the beat, Pump-n-Tone will sculpt your entire body while you enjoy your favourite songs.

450