




Swan Fitness Timetable September 2017

Monday			
Time	Class	Duration	Studio
07:15	HiitSpin30	30mins	S2
07:45	Abs Blast	15mins	SH
10:00	Pilates	45mins	SH
11:00	Buggylicious*	45mins	SH
11:45	 PILOXING	30mins	SH
13:15	 Cardio`30	30mins	S1
16:00	Teen Gym	120mins	Gym
18:00	Yoga	60mins	S1
18:15	HiitSpin30	30mins	S2
18:15	Pump'nTone	45mins	SH
18:15	HiitCircuits	45mins	SH
19:00	SuperSpin	60mins	S2
19:00	KB Challenge	30mins	SH
19:00	TRX	45mins	SH
19:00	Beginners Pilates	30mins	S1
19:30	BoxFit	45mins	SH
19:30	BARRE Pilates	45mins	S1
20:30	 ZUMBA	45mins	S1
20:15	HiitSpin45	45mins	S2
20:15	Pilates	45mins	SH

Tuesday			
Time	Class	Duration	Studio
07:15	Pilates	45mins	SH
10:15	Fit4Life	45mins	SH
11:00	Spin Light	30mins	S2
11:40	Pump Express	30mins	SH
13:15	Pilates	30mins	S1
16:00	Teen Gym	120mins	Gym
18:00	 Teen Gym	30mins	S1
18:15	HiitSpin45	45mins	S2
18:30	HiitCircuits	30mins	S1
19:00	 PILOXING	30mins	S1
19:15	HiitSpin45	45mins	S2
19:30	KBChallenge	30mins	S1
20:15	HiitSpin45	45mins	S2
20:15	Strength Pilates	45mins	S1

Wednesday			
Time	Class	Duration	Studio
07:15	HiitSpin30	30mins	S2
07:45	Abs Blast	15mins	SH
10:00	Pilates	45mins	SH
11:00	BadAss	30mins	SH
11:40	HiitSpin30	30mins	S2
13:15	BARRE Pilates	45mins	S1
16:00	Teen Gym	120mins	Gym
17:15	Yoga	45mins	S1
18:15	HiitSpin30	30mins	S2
18:15	TRX	45mins	SH
18:15	Circuit	45mins	SH
19:00	HiitSpin45	45mins	S2
19:00	KBChallenge	30mins	SH
19:00	Pump'nTone	45mins	SH
19:15	 ZUMBA	45mins	S1
19:30	Box-Fit	30mins	SH
20:15	HiitSpin45	45mins	S2
20:15	Pilates Adv	45mins	S1

Thursday			
Time	Class	Duration	Studio
07:15	TRX Circuit	45mins	SH
10:15	Fit4Life	30mins	SH
11:45	Buggylicious*	45mins	SH
13:15	Pilates	30mins	S1
16:00	Teen Gym	120mins	Gym
17:30	 Cardio`30	30mins	SH
18:15	HiitSpin45	45mins	S2
18:00	 PILOXING	30mins	S1
18:30	Pilates	45mins	S1
19:15	HiitSpin45	45mins	S2
19:30	HiitCircuits	30mins	S1
20:15	HiitSpin30	30mins	S2
20:15	 ZUMBA	45mins	S1

Friday			
Time	Class	Duration	Studio
07:15	 Teen Gym	30mins	SH
10:15	Pilates	45mins	SH
11:00	BoxFit	30mins	SH
13:15	HiitSpin30	30mins	S2
17:15	Core Training	45mins	S1
18:15	HiitSpin45	45mins	S2
18:15	Pump'nTone	45mins	SH
18:15	BARRE Pilates	45mins	S1
19:10	Yoga	50mins	S1

Saturday			
Time	Class	Duration	Studio
10:10	Yoga	60mins	SH
10:15	HiitSpin45	45mins	S2
11:15	TRX	45mins	SH
12:15	 ZUMBA	45mins	S1
13:15	Pilates	45mins	S1
14:15	BootCamp	45mins	S1
15:00	Teen Gym	120mins	Gym

Sunday			
Time	Class	Duration	Studio
10:15	SuperSpin	60mins	S2
11:30	HIIT STRENGTH	30mins	SH
12:30	Pilates	45mins	S1
13:15	 PILOXING KNOCKOUT	45mins	S1

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

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