

Swan Fitness September Timetable 2018

Monday			
Time	Class	Duration	Studio
07:15	HiitSpin30	30mins	S2
07:45	Abs Blast	15mins	SH
09:45	Pilates	45mins	S1
11:15	Buggylicious*	45mins	S1
13:15	Cardio 30	30mins	S1
16:00	Teen Gym	120mins	Gym
18:00	Yoga	60mins	S1
18:00	TRX	45mins	SH
18:00	Synergy	45mins	SH
18:15	HiitSpin30	30mins	S2
18:45	Pump'nTone	45mins	SH
18:45	KB Challenge	30mins	SH
19:00	Superspin	60mins	S2
19:00	Beginners Pilates	30mins	S1
19:30	Barre Pilates	45mins	S1
19:30	FIT Combat	45mins	SH
20:15	HiitSpin45	45mins	S2
20:15	Pilates	45mins	SH
20:30	ZUMBA	45mins	S1

Tuesday			
Time	Class	Duration	Studio
07:15	Pilates	45mins	S1
10:15	Fit4Life	45mins	S1
11:00	Spin Light	30mins	S2
11:40	Pump Express	30mins	S1
13:15	Pilates	45mins	S1
16:00	Teen Gym	120mins	Gym
18:00	TRX	45mins	S1
18:15	HiitSpin45	45mins	S2
19:00	HiitCircuits	30mins	S1
19:15	HiitSpin45	45mins	S2
19:30	KBChallenge	30mins	S1
20:00	PILOXING	45mins	S1
20:15	HiitSpin45	45mins	S2
20:45	Strength Pilates	30mins	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
11:35	Yoga Express	30mins	SH
13:15	BARRE Pilates	45mins	S1
16:00	Teen Gym	120mins	Gym
17:15	Yoga	45mins	SH
18:00	Swan Army	45mins	SH
18:15	HiitSpin30	30mins	S2
18:15	PILOXING	30mins	S1
19:00	HiitSpin45	45mins	S2
19:00	Super Pump	60mins	SH
19:15	Pilates	45mins	S1
20:15	ZUMBA	45mins	S1
20:15	HiitSpin45	45mins	S2
20:15	Pilates Level 2	45mins	SH

Thursday			
Time	Class	Duration	Studio
07:15	TRX Circuit	45mins	SH
10:15	Fit4Life	30mins	S1
12:00	Buggylicious*	45mins	S1
13:15	Pilates	30mins	S1
16:00	Teen Gym	120mins	Gym
17:30	Cardio 30	30mins	S1
18:00	PILOXING	30mins	S1
18:15	HiitSpin45	45mins	S2
18:30	Pilates	45mins	S1
19:15	HiitSpin45	45mins	S2
19:15	Yin Yoga	45mins	S1
20:15	HiitSpin30	30mins	S2
20:15	ZUMBA	45mins	S1

Friday			
Time	Class	Duration	Studio
07:15	Spin Express	30mins	S2
10:15	Pilates	45mins	S1
11:00	BoxFit	30mins	S1
13:15	HiitSpin30	30mins	S2
17:30	PILOXING	45mins	S1
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	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	Box-Fit	45mins	SH
12:30	Pilates	45mins	S1
13:15	BadAss	45mins	S1

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

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