

Cygnnet

Bookable Group Class Timetable

MONDAY			
PILATES	9.00am-10.00am	Studio 3	Ivan
RHYTHM CYCLE	9.15am-10.00am	Spin Studio	Deanne
KETTLE BELLS	9.30am-10.15am	Studio 1	Jodie
HYDROPOWER	10.00am-10.45am	Swimming Pool	Vicky
PILATES	10.30am-11.30am	Studio 3	Dawn
GETLOW	11.00am-11.45am	Studio 1	Becky
YOGA	2.00pm-3.00pm	Studio 3	Dawn
YOGA	6.30pm-7.30pm	Studio 3	Mary
HIIT AND TONE	7.00pm-7.45pm	Studio 1	Tina
ENDURANCE CYCLE	7.15pm-8.00pm	Spin Studio	Yvette
TUESDAY			
INTERVAL CYCLE	7.15am-8.00am	Spin Studio	Jean
HYDROPOWER	9.00am-9.45am	Swimming Pool	Vicky
INTERVAL CYCLE	9.30am-10.15am	Spin Studio	Jean
TOTAL BODY BLITZ	10.00am-10.45am	Studio 1	Fumi
50+ FITNESS	11.15am-12.15pm	Main Hall	Fumi
PILATES	6.00pm-7.00pm	Studio 3	Ivan
TUMS, BUMS	6.30pm-7.15pm	Studio 1	Tracy
ENDURANCE CYCLE	6.45pm-7.30pm	Spin Studio	Claire D
HODRO POWER	7.00pm-7.45pm	Swimming Pool	Vicky
KETTLE BELLS	7.45pm-8.30pm	Studio 1	Tracy
MINDFULNESS	7.30pm-8.30pm	Studio 3	Alison
RHYTHM CYCLE	8.00pm-8.45pm	Spin Studio	Hannah C
WEDNESDAY			
RHYTHM CYCLE	9.15am-10.00am	Spin Studio	Deanne
KETTLE BELLS	9.45am-10.30am	Studio 1	Fumi
HYDROPOWER	10.00am-10.45am	Swimming Pool	Vicky
BODY TONE	11.00am-11.45am	Studio 1	Fumi
50+ FITNESS	12.15am-1.15pm	Main Hall	Fumi
YOGA	7.00pm-8.00pm	Studio 3	Dawn
RHYTHM CYCLE	7.15pm-8.00pm	Spin Studio	Hannah C
ZUMBA	7.30pm-8.15pm	Studio 1	Joanne
THURSDAY			
HIIT	8.45am-9.30am	Studio 1	Tracy
HYDROPOWER	9.00am-9.45am	Swimming Pool	Vicky
ENDURANCE CYCLE	9.15am-10.00am	Spin Studio	Claire D
KETTLEBELLS	10.00am-10.45am	Studio 1	Tracy
YOGA	10.15am-11.15am	Studio 3	Gaby
PILATES	6.15pm-7.15pm	Studio 3	Ivan
BOXERCISE (NON-CONTACT)	6.30pm-7.15pm	Studio 1	Tracy
RHYTHM CYCLE	7.30pm-8.15pm	Spin Studio	Jodie
POWER HIIT	7.45pm-8.30pm	Studio 1	Tracy
YOGA	8.00pm-9.00pm	Studio 3	Corinne
FRIDAY			
TOTAL BODY BLITZ	9.15am-10am	Studio 1	Donna J
PILATES	9.30am-10.30am	Studio 3	Ivan
HYDROPOWER	10.00am-10.45am	Swimming Pool	Vicky
RHYTHM CYCLE	10.15am-11am	Spin Studio	Donna J
SENIOR CIRCUIT	10.30am-11.30am	Studio 1	Yvette
PILATES	11.00am-12.00am	Studio 3	Ivan
SATURDAY			
RHYTHM CYCLE	9.00am-9.45am	Spin Studio	Jodie
STEP AND TONE	10.00am-10.45am	Studio 1	Claire S
RHYTHM CYCLE	10.15am-11.00am	Spin Studio	Jodie
YOGA	11.00am - 12.00pm	Studio 3	Donna E
YOGA	12.15pm - 1.15pm	Studio 3	Corinne
SUNDAY			
ENDURANCE CYCLE	9.00am-9.45am	Spin Studio	Fumi
YOGA	9.15am-10.15am	Studio 3	Corrine/Dawn
HIIT	10.00am-10.45am	Studio 1	Fumi
YOGA	10.30am-11.30am	Studio 3	Corinne/Dawn