

# Swanscombe Bookable Group Classes

<b>MONDAY</b>			
CORE HIIT	9.00.am – 10.00am	Studio 1	Tracy
KETTLEBELLS	10.00am-10.45am	Studio 1	Tracy
HIIT CIRCUITS	6.00pm-6.45pm	Studio 1	Agnieszka
ENDURANCE CYCLE	7.00pm-7.45pm	Spin Studio	Agnieszka
<b>TUESDAY</b>			
RHYTHM CYCLE	9.15am-10.00am	Spin Studio	Maya
POWER IGNITE	10.00am-10.45am	Studio 1	Maya
STRETCH & TONE	6.30pm-7.15pm	Studio 1	Jean
INTERVAL CYCLE	7.15pm-8.00pm	Studio 1	Jean
<b>WEDNESDAY</b>			
HIIT CYCLE	9.00am-9.45am	Spin Studio	Tracy
STEP & TONE	9.45am-10.45am	Studio 1	Tracy
INTERVAL CYCLE	6.00pm-6.45pm	Spin Studio	Jean
WEIGHTS & ABS	6.45pm-7.30pm	Studio 1	Jean
<b>THURSDAY</b>			
ENDURANCE CYCLE	9.15am-10.00am	Spin Studio	Agnieszka
TUMS & BUMS	10.00am-10.45am	Studio 1	Agnieszka
YOGA	7.00pm-8.30pm	Studio 1	Kay
<b>FRIDAY</b>			
HIIT	9.15am-10.00am	Studio 1	Tracy
KETTLEBELLS	10.00am-11.00am	Studio 1	Tracy
<b>SATURDAY</b>			
PILATES	9.00am-10.00am	Studio 1	Ivan
HIIT & TONE	10.15am-11.00am	Studio 1	Hannah C
<b>SUNDAY</b>			
ENDURANCE CYCLE	8.45am-9.30am	Spin Studio	Natalie