

Swanscombe Bookable Group Classes

MONDAY			
CORE HIIT	9.00.am – 10.00am	Studio 1	Tracy
KETTLEBELLS	10.00am-10.45am	Studio 1	Tracy
BODY CONDITIONING	6.00pm-6.45pm	Studio 1	Agnieszka
ENDURANCE CYCLE	7.00pm-7.45pm	Spin Studio	Agnieszka
TUESDAY			
RHYTHM CYCLE	9.15am-10.00am	Spin Studio	Maya
STRETCH & TONE	6.30pm-7.15pm	Studio 1	Jean
INTERVAL CYCLE	7.15pm-8.00pm	Studio 1	Jean
WEDNESDAY			
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
THURSDAY			
TUMS BUMS & THIGHS	9.00am-10.00am	Studio 1	Agnieszka
YOGA	7.00pm-8.30pm	Studio 1	Kay
FRIDAY			
HIIT	9.15am-10.00am	Studio 1	Tracy
KETTLEBELLS	10.00am-11.00am	Studio 1	Tracy
SATURDAY			
PILATES	9.00am-10.00am	Studio 1	Ivan
SUNDAY			
ENDURANCE CYCLE	8.45am-9.30am	Spin Studio	Natalie