

Cygnets

Bookable Group Class Timetable

MONDAY			
EARLY BIRD SPIN	6.15am-7.00am	Spin Studio	Chelsea
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
PILATES	10.00am-11.00am	Studio 3	Dawn
KONGA	10.15am-11.15am	Studio 1	Becky
GETLOW	11.15am-12.15pm	Studio 1	Becky
YOGA	1.00pm-2.00pm	Studio 3	Dawn
YOGA	6.30pm-7.30pm	Studio 3	Mary
HIIT AND TONE	7.00pm-8.00pm	Studio 1	Tina
ENDURANCE CYCLE	7.15pm-8.00pm	Spin Studio	Yvette
TUESDAY			
INTERVAL CYCLE	7.15am-8.00am	Spin Studio	Jean
INTERVAL CYCLE	9.30am-10.15am	Spin studio	Jean
TOTAL BODY BLITZ	10.00am-11.00am	Studio 1	Fumi
HYDRO POWER	10.30am-11.15am	Swimming Pool	Vicky B
50+ FITNESS	11.00am-12.00pm	Studio 1	Fumi
PILATES	6.15pm-7.15pm	Studio 3	Ivan
TUMS & BUMS	6.30pm-7.15pm	Studio 1	Tracy
RHYTHM CYCLE	7.00pm-7.45pm	Spin Studio	Chelsea
HYDRO POWER (11+)	7.00pm-7.45pm	Swimming Pool	Vicky B
KETTLE BELLS	7.15pm-8.00pm	Studio 1	Tracy
MINDFULNESS	7.30pm-8.30pm	Studio 3	Sophie
WEDNESDAY			
EARLY BIRD SPIN	6.15am-7.00am	Spin Studio	Chelsea
RHYTHM CYCLE	9.15am-10.00am	Spin Studio	Deanne
KETTLE BELLS	9.30am-10.15am	Studio 1	Fumi
BODY TONE	10.15am-11.00am	Studio 1	Fumi
50+ FITNESS	11.00am-12.00pm	Studio 1	Fumi
YOGA	7.00pm-8.00pm	Studio 3	Dawn
RHYTHM CYCLE	7.15pm-8.00pm	Spin Studio	Hannah C
ZUMBA	7.30pm-8.30pm	Studio 1	Joanne
THURSDAY			
ENDURANCE CYCLE	9.15am-10.00am	Studio 1	Claire D
HIIT	9.30am-10.15.am	Spin Studio	Tracy
YOGA	10.00am-11.00am	Studio 1	Louise
KETTLEBELLS	10.15am-11.00am	Studio 3	Tracy
HYDRO POWER	10.30am-11.15am	Swimming Pool	Katie
PILATES	6.15pm-7.15pm	Studio 3	Ivan
BOXFIT	6.30pm-7.15pm	Studio 1	Tracy
HYDRO POWER (Ladies only)	7.00pm-7.45pm	Swimming Pool	Vicky M
POWER HIIT	7.15pm-8.00pm	Studio 1	Tracy
RHYTHM CYCLE	7.30pm-8.15pm	Spin Studio	Jodie
YOGA	7.45pm-8.45pm	Studio 3	Corinne
FRIDAY			
PILATES	9.00am-10.00am	Studio 3	Ivan
TOTAL BODY BLITZ	9.15am-10.00am	Studio 1	Donna J
PILATES	10.00am-11.00am	Studio 3	Ivan
RHYTHM CYCLE	10.15am-11.00am	Spin Studio	Donna J
SENIOR CIRCUIT	10.30am-11.30am	Studio 1	Yvette
SATURDAY			
RHYTHM CYCLE	8.30am-9.15am	Spin Studio	Jodie
STEP AND TONE	10.00am-11.00am	Studio 1	Tracy
RHYTHM CYCLE	9.30am-10.15am	Spin Studio	Jodie
YOGA	11.00am - 12.00pm	Studio 3	Donna E
SUNDAY			
ENDURANCE CYCLE	9.00am-9.45am	Spin Studio	Fumi
YOGA	9.45am-10.45am	Studio 3	Corrine/Dawn
HIIT	10.00am-10.45am	Studio 1	Fumi