

# Cygnets

## Bookable Group Class Timetable

<b>MONDAY</b>			
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
KETTLEBELLS	9.30am - 10.15am	Studio 1	Jodie
PILATES	10.00am - 11.00am	Studio 3	Dawn
JUNGLE BODY	10.30am - 11.30am	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
<b>TUESDAY</b>			
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	6.00pm - 7.00pm	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	Hannah W
BARBELL STRENGTH	7.15pm - 8.00pm	Studio 1	Tracy
MINDFULNESS	7.30pm - 8.30pm	Studio 3	Sophie
<b>WEDNESDAY</b>			
EARLY BIRD SPIN	6.15am - 7.00am	Spin Studio	Chelsea
RHYTHM CYCLE	9.15am - 10.00am	Spin Studio	Deanne
KETTLEBELLS	9.15am - 10.00am	Studio 1	Fumi
BODY TONE	10.15am - 11.00am	Studio 1	Fumi
50+ FITNESS	11.00am - 12.00pm	Studio 1	Fumi
HIIT EXPRESS	5.30pm - 6.00pm	Studio 1	Hannah C
STRENGTH EXPRESS	6.00pm - 6.30pm	Studio 1	Hannah C
MINDFUL MOMENTS	6.00pm - 7.00pm	Studio 3	Dawn
ZUMBA	7.00pm - 8.00pm	Studio 1	Joanne
YOGA	7.00pm - 8.00pm	Studio 3	Dawn
RHYTHM CYCLE	7.15pm - 8.00pm	Spin Studio	Deanne
<b>THURSDAY</b>			
RHYTHM CYCLE	10.15am - 11.00am	Spin Studio	Becs
HIIT	9.30am - 10.15am	Studio 1	Tracy
YOGA	10.00am - 11.00am	Studio 3	Dawn
BARBELL STRENGTH	10.15am - 11.00am	Studio 1	Tracy
HYDRO POWER	10.30am - 11.15am	Swimming Pool	Katie
STEP & TONE	6.00pm - 6.45pm	Studio 1	Tracy
PILATES	6.15pm - 7.15pm	Studio 3	Ivan
POWER HIIT	6.45pm - 7.30pm	Studio 1	Tracy
HYDRO POWER (Ladies only)	7.00pm - 7.45pm	Swimming Pool	Vicky M
RHYTHM CYCLE	7.30pm - 8.15pm	Spin Studio	Jodie
YOGA	7.45pm - 8.45pm	Studio 3	Corinne
<b>FRIDAY</b>			
PILATES	9.00am - 10.00am	Studio 3	Ivan
TOTAL BODY BLITZ	9.15am - 10.00am	Studio 1	Donna J
BALL & BAND PILATES	10.00am - 11.00am	Studio 3	Ivan
RHYTHM CYCLE	10.15am - 11.00am	Spin Studio	Donna J
SENIOR CIRCUIT	10.15am - 11.15am	Studio 1	Agnieszka
<b>SATURDAY</b>			
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
<b>SUNDAY</b>			
ENDURANCE CYCLE	9.00am - 9.45am	Spin Studio	Fumi
YOGA	10.00am - 11.00am	Studio 3	Corrine/Emma
HIIT	10.00am - 10.45am	Studio 1	Fumi