Cygnet 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
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	·	Studio 3	
	6.30pm - 7.30pm		Mary
HIIT AND TONE	7.00pm - 8.00pm	Studio 1	Tina
ENDURANCE CYCLE	7.15pm - 8.00pm	Spin Studio	Yvette
TUESDAY	7.45 0.00	Carta Chadra	
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
WEDNESDAY			
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		Joanne
ZUMBA YOGA	7.00pm - 8.00pm 7.00pm - 8.00pm	Studio 1	Joanne Dawn
YOGA	7.00pm - 8.00pm	Studio 1 Studio 3	Dawn
YOGA RHYTHM CYCLE		Studio 1	
YOGA RHYTHM CYCLE THURSDAY	7.00pm - 8.00pm 7.15pm - 8.00pm	Studio 1 Studio 3 Spin Studio	Dawn Deanne
YOGA RHYTHM CYCLE THURSDAY RHYTHM CYCLE	7.00pm - 8.00pm 7.15pm - 8.00pm 10.15am - 11.00am	Studio 1 Studio 3 Spin Studio Spin Studio	Dawn Deanne Becs
YOGA RHYTHM CYCLE THURSDAY RHYTHM CYCLE HIIT	7.00pm - 8.00pm 7.15pm - 8.00pm 10.15am - 11.00am 9.30am - 10.15.am	Studio 1 Studio 3 Spin Studio Spin Studio Spin Studio Studio 1	Dawn Deanne Becs Tracy
YOGA RHYTHM CYCLE THURSDAY RHYTHM CYCLE HIIT YOGA	7.00pm - 8.00pm 7.15pm - 8.00pm 10.15am - 11.00am 9.30am - 10.15.am 10.00am - 11.00am	Studio 1 Studio 3 Spin Studio Spin Studio Spin Studio Studio 1 Studio 3	Dawn Deanne Becs Tracy Dawn
YOGA RHYTHM CYCLE THURSDAY RHYTHM CYCLE HIIT YOGA BARBELL STRENGTH	7.00pm - 8.00pm 7.15pm - 8.00pm 10.15am - 11.00am 9.30am - 10.15.am 10.00am - 11.00am 10.15am - 11.00am	Studio 1 Studio 3 Spin Studio Spin Studio Studio 1 Studio 3 Studio 1	Dawn Deanne Becs Tracy Dawn Tracy
YOGA RHYTHM CYCLE THURSDAY RHYTHM CYCLE HIIT YOGA BARBELL STRENGTH HYDRO POWER	7.00pm - 8.00pm 7.15pm - 8.00pm 10.15am - 11.00am 9.30am - 10.15.am 10.00am - 11.00am 10.15am - 11.00am 10.30am - 11.15am	Studio 1 Studio 3 Spin Studio Spin Studio Spin Studio Studio 1 Studio 3 Studio 1 Swimming Pool	Dawn Deanne Becs Tracy Dawn Tracy Katie
YOGA RHYTHM CYCLE THURSDAY RHYTHM CYCLE HIIT YOGA BARBELL STRENGTH HYDRO POWER STEP & TONE	7.00pm - 8.00pm 7.15pm - 8.00pm 10.15am - 11.00am 9.30am - 10.15.am 10.00am - 11.00am 10.15am - 11.00am 10.30am - 11.15am 6.00pm - 6.45pm	Studio 1 Studio 3 Spin Studio Spin Studio Spin Studio Studio 1 Studio 3 Studio 1 Swimming Pool Studio 1	Dawn Deanne Becs Tracy Dawn Tracy Katie Tracy
YOGA RHYTHM CYCLE THURSDAY RHYTHM CYCLE HIIT YOGA BARBELL STRENGTH HYDRO POWER STEP & TONE PILATES	7.00pm - 8.00pm 7.15pm - 8.00pm 10.15am - 11.00am 9.30am - 10.15.am 10.00am - 11.00am 10.15am - 11.00am 10.30am - 11.15am 6.00pm - 6.45pm 6.15pm - 7.15pm	Studio 1 Studio 3 Spin Studio Spin Studio Spin Studio Studio 1 Studio 3 Studio 1 Swimming Pool Studio 1 Studio 3	Dawn Deanne Becs Tracy Dawn Tracy Katie Tracy Ivan
YOGA RHYTHM CYCLE THURSDAY RHYTHM CYCLE HIIT YOGA BARBELL STRENGTH HYDRO POWER STEP & TONE PILATES POWER HIIT	7.00pm - 8.00pm 7.15pm - 8.00pm 10.15am - 11.00am 9.30am - 10.15.am 10.00am - 11.00am 10.15am - 11.00am 10.30am - 11.15am 6.00pm - 6.45pm 6.15pm - 7.15pm 6.45pm - 7.30pm	Studio 1 Studio 3 Spin Studio Spin Studio Spin Studio Studio 1 Studio 3 Studio 1 Swimming Pool Studio 1 Studio 3 Studio 1 Studio 1 Studio 3 Studio 1 Studio 3 Studio 1	Dawn Deanne Becs Tracy Dawn Tracy Katie Tracy Ivan Tracy
YOGA RHYTHM CYCLE THURSDAY RHYTHM CYCLE HIIT YOGA BARBELL STRENGTH HYDRO POWER STEP & TONE PILATES POWER HIIT HYDRO POWER (Ladies only)	7.00pm - 8.00pm 7.15pm - 8.00pm 10.15am - 11.00am 9.30am - 10.15.am 10.00am - 11.00am 10.15am - 11.00am 10.30am - 11.15am 6.00pm - 6.45pm 6.15pm - 7.15pm 6.45pm - 7.30pm 7.00pm - 7.45pm	Studio 1 Studio 3 Spin Studio Spin Studio Spin Studio Studio 1 Studio 3 Studio 1 Swimming Pool Studio 3 Studio 1 Studio 3 Studio 1 Studio 3 Studio 1 Studio 3 Studio 1 Swimming Pool	Dawn Deanne Becs Tracy Dawn Tracy Katie Tracy Ivan Tracy Vicky M
YOGA RHYTHM CYCLE THURSDAY RHYTHM CYCLE HIIT YOGA BARBELL STRENGTH HYDRO POWER STEP & TONE PILATES POWER HIIT HYDRO POWER (Ladies only) RHYTHM CYCLE	7.00pm - 8.00pm 7.15pm - 8.00pm 10.15am - 11.00am 9.30am - 10.15.am 10.00am - 11.00am 10.15am - 11.00am 10.30am - 11.15am 6.00pm - 6.45pm 6.15pm - 7.15pm 6.45pm - 7.30pm 7.00pm - 7.45pm 7.30pm - 8.15pm	Studio 1 Studio 3 Spin Studio Spin Studio Spin Studio Studio 1 Studio 1 Swimming Pool Studio 1 Studio 3 Studio 1 Studio 1 Studio 1 Studio 3 Studio 1 Studio 3 Studio 1 Spin Studio 1 Spin Studio	Dawn Deanne Becs Tracy Dawn Tracy Katie Tracy Ivan Tracy Vicky M Jodie
YOGA RHYTHM CYCLE THURSDAY RHYTHM CYCLE HIIT YOGA BARBELL STRENGTH HYDRO POWER STEP & TONE PILATES POWER HIIT HYDRO POWER (Ladies only) RHYTHM CYCLE YOGA	7.00pm - 8.00pm 7.15pm - 8.00pm 10.15am - 11.00am 9.30am - 10.15.am 10.00am - 11.00am 10.15am - 11.00am 10.30am - 11.15am 6.00pm - 6.45pm 6.15pm - 7.15pm 6.45pm - 7.30pm 7.00pm - 7.45pm	Studio 1 Studio 3 Spin Studio Spin Studio Spin Studio Studio 1 Studio 3 Studio 1 Swimming Pool Studio 3 Studio 1 Studio 3 Studio 1 Studio 3 Studio 1 Studio 3 Studio 1 Swimming Pool	Dawn Deanne Becs Tracy Dawn Tracy Katie Tracy Ivan Tracy Vicky M
YOGA RHYTHM CYCLE THURSDAY RHYTHM CYCLE HIIT YOGA BARBELL STRENGTH HYDRO POWER STEP & TONE PILATES POWER HIIT HYDRO POWER (Ladies only) RHYTHM CYCLE YOGA FRIDAY	7.00pm - 8.00pm 7.15pm - 8.00pm 10.15am - 11.00am 9.30am - 10.15.am 10.00am - 11.00am 10.15am - 11.00am 10.30am - 11.15am 6.00pm - 6.45pm 6.15pm - 7.15pm 6.45pm - 7.30pm 7.00pm - 7.45pm 7.30pm - 8.15pm 7.45pm - 8.45pm	Studio 1 Studio 3 Spin Studio Spin Studio Spin Studio Studio 1 Studio 1 Swimming Pool Studio 1 Studio 3 Studio 1 Studio 3 Studio 1 Studio 3 Studio 1 Studio 3 Studio 1 Swimming Pool Studio 3 Studio 3 Studio 3	Dawn Deanne Becs Tracy Dawn Tracy Katie Tracy Ivan Tracy Vicky M Jodie Corinne
POGA RHYTHM CYCLE THURSDAY RHYTHM CYCLE HIIT YOGA BARBELL STRENGTH HYDRO POWER STEP & TONE PILATES POWER HIIT HYDRO POWER (Ladies only) RHYTHM CYCLE YOGA FRIDAY PILATES	7.00pm - 8.00pm 7.15pm - 8.00pm 10.15am - 11.00am 9.30am - 10.15.am 10.00am - 11.00am 10.15am - 11.00am 10.30am - 11.15am 6.00pm - 6.45pm 6.15pm - 7.15pm 6.45pm - 7.30pm 7.00pm - 7.45pm 7.30pm - 8.15pm 7.45pm - 8.45pm	Studio 1 Studio 3 Spin Studio Spin Studio Spin Studio Studio 1 Studio 1 Swimming Pool Studio 3 Studio 1 Studio 3 Studio 1 Studio 3 Studio 1 Studio 3 Studio 1 Swimming Pool Spin Studio Studio 3 Studio 3	Dawn Deanne Becs Tracy Dawn Tracy Katie Tracy Ivan Tracy Vicky M Jodie Corinne
POGA RHYTHM CYCLE THURSDAY RHYTHM CYCLE HIIT YOGA BARBELL STRENGTH HYDRO POWER STEP & TONE PILATES POWER HIIT HYDRO POWER (Ladies only) RHYTHM CYCLE YOGA FRIDAY PILATES TOTAL BODY BLITZ	7.00pm - 8.00pm 7.15pm - 8.00pm 10.15am - 11.00am 9.30am - 10.15.am 10.00am - 11.00am 10.15am - 11.00am 10.30am - 11.15am 6.00pm - 6.45pm 6.15pm - 7.15pm 6.45pm - 7.30pm 7.00pm - 7.45pm 7.30pm - 8.15pm 7.45pm - 8.45pm 9.00am - 10.00am 9.15am - 10.00am	Studio 1 Studio 3 Spin Studio Spin Studio Spin Studio 1 Studio 3 Studio 1 Swimming Pool Studio 3 Studio 1 Studio 3 Studio 1 Studio 3 Studio 1 Swimming Pool Studio 3 Studio 1 Swimming Pool Spin Studio Studio 3 Studio 3 Studio 3	Dawn Deanne Becs Tracy Dawn Tracy Katie Tracy Ivan Tracy Vicky M Jodie Corinne Ivan Donna J
YOGA RHYTHM CYCLE THURSDAY RHYTHM CYCLE HIIT YOGA BARBELL STRENGTH HYDRO POWER STEP & TONE PILATES POWER HIIT HYDRO POWER (Ladies only) RHYTHM CYCLE YOGA FRIDAY PILATES TOTAL BODY BLITZ BALL & BAND PILATES	7.00pm - 8.00pm 7.15pm - 8.00pm 10.15am - 11.00am 9.30am - 10.15.am 10.00am - 11.00am 10.15am - 11.00am 10.30am - 11.15am 6.00pm - 6.45pm 6.15pm - 7.15pm 6.45pm - 7.30pm 7.00pm - 7.45pm 7.30pm - 8.15pm 7.45pm - 8.45pm 9.00am - 10.00am 9.15am - 10.00am 10.00am - 11.00am	Studio 1 Studio 3 Spin Studio Spin Studio Spin Studio Studio 1 Studio 3 Studio 1 Swimming Pool Studio 3 Studio 1 Studio 3 Studio 1 Swimming Pool Studio 3 Studio 1 Studio 3	Dawn Deanne Becs Tracy Dawn Tracy Katie Tracy Ivan Tracy Vicky M Jodie Corinne Ivan Donna J Ivan
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PYOGA RHYTHM CYCLE THURSDAY RHYTHM CYCLE HIIT YOGA BARBELL STRENGTH HYDRO POWER STEP & TONE PILATES POWER HIIT HYDRO POWER (Ladies only) RHYTHM CYCLE YOGA FRIDAY PILATES TOTAL BODY BLITZ BALL & BAND PILATES RHYTHM CYCLE SENIOR CIRCUIT	7.00pm - 8.00pm 7.15pm - 8.00pm 10.15am - 11.00am 9.30am - 10.15.am 10.00am - 11.00am 10.15am - 11.00am 10.30am - 11.15am 6.00pm - 6.45pm 6.15pm - 7.15pm 6.45pm - 7.30pm 7.00pm - 7.45pm 7.30pm - 8.15pm 7.45pm - 8.45pm 9.00am - 10.00am 9.15am - 10.00am 10.00am - 11.00am	Studio 1 Studio 3 Spin Studio Spin Studio Spin Studio Studio 1 Studio 3 Studio 1 Swimming Pool Studio 3 Studio 1 Studio 3 Studio 1 Swimming Pool Studio 3 Studio 1 Studio 3	Dawn Deanne Becs Tracy Dawn Tracy Katie Tracy Ivan Tracy Vicky M Jodie Corinne Ivan Donna J Ivan
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YOGA RHYTHM CYCLE THURSDAY RHYTHM CYCLE HIIT YOGA BARBELL STRENGTH HYDRO POWER STEP & TONE PILATES POWER HIIT HYDRO POWER (Ladies only) RHYTHM CYCLE YOGA FRIDAY PILATES TOTAL BODY BLITZ BALL & BAND PILATES RHYTHM CYCLE SENIOR CIRCUIT SATURDAY RHYTHM CYCLE STEP AND TONE RHYTHM CYCLE	7.00pm - 8.00pm 7.15pm - 8.00pm 10.15am - 11.00am 9.30am - 10.15.am 10.00am - 11.00am 10.30am - 11.15am 6.00pm - 6.45pm 6.15pm - 7.15pm 6.45pm - 7.30pm 7.00pm - 7.45pm 7.30pm - 8.15pm 7.45pm - 8.45pm 9.00am - 10.00am 10.00am 10.15am - 11.00am 10.15am - 11.15am 8.30am - 9.15am 10.00am 9.30am - 10.15am	Studio 3 Spin Studio Spin Studio Spin Studio Studio 1 Studio 3 Studio 1 Swimming Pool Studio 3 Studio 1 Swimming Pool Studio 3 Studio 1 Studio 3 Spin Studio Studio 1 Spin Studio Studio 1 Spin Studio	Dawn Deanne Becs Tracy Dawn Tracy Katie Tracy Ivan Tracy Vicky M Jodie Corinne Ivan Donna J Ivan Donna J Agnieszka Jodie Tracy Jodie
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