

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	Tracy
ENDURANCE CYCLE	7.00pm-7.45pm	Spin Studio	Tracy
TUESDAY			
ZUMBA	9.15-10.15am	Studio 1	Monika
STRETCH & TONE	6.30pm-7.15pm	Studio 1	Jean
INTERVAL CYCLE	7.15pm-8.00pm	Studio 1	Jean
WEDNESDAY			
BARBELL STRENGTH	9.00am-10am	Studio 1	Tracy
STEP & TONE	10.00 -11.00am	Studio 1	Tracy
INTERVAL CYCLE	6.00pm-6.45pm	Spin Studio	Jean
WEIGHTS & ABS	6.45pm-7.30pm	Studio 1	Jean
THURSDAY			
CYCLE & CORE	9.15am-10.00am	Spin Studio	Jeanine
BODY CONDITIONING	6.30pm-7.15pm	Studio 1	Jeanine
YOGA	7.30pm-8.30pm	Studio 1	Kay
FRIDAY			
HIIT	9.15am-10.00am	Studio 1	Tracy
BARBELL STRENGTH	10.00am-11.00am	Studio 1	Tracy
SATURDAY			
PILATES	9.00am-10.00am	Studio 1	Ivan
SUNDAY			
CYCLE & CORE	9.30am – 10.15am	Spin Studio	Jeanine
STRETCH & TONE	10.15-11am	Studio 1	Jeanine