## Cygnet Bookable Group Class Timetable

MONDAY	C 45		Challen a
EARLY BIRD SPIN	6.15am - 7.00am	Spin Studio	Chelsea
PILATES	9.00am - 10.00am	Studio 3	lvan
	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
ENDURANCE CYCLE	6.45pm – 7.30pm	Spin Studio	Yvette
HIIT AND TONE	7.00pm - 8.00pm	Studio 1	Tina
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	5.45pm – 6.45pm	Studio 3	Emma
RHYTHM CYCLE	6.15pm - 7.00pm	Spin Studio	Chelsea
TUMS & BUMS	6.30pm - 7.15pm	Studio 1	Тгасу
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
ZUMBA	6.45pm – 7.45pm	Studio 1	Joanne
YOGA	7.00pm - 8.00pm	Studio 3	Dawn
RHYTHM CYCLE	7.15pm - 8.00pm	Spin Studio	Deanne
THURSDAY			
RHYTHM CYCLE	10.15am - 11.00am	Spin Studio	Becs
НІІТ			Tracy
	9.30am - 10.15.am	Studio 1	Пасу
YOGA	10.00am - 11.00am	Studio 3	Dawn
YOGA BARBELL STRENGTH			•
	10.00am - 11.00am	Studio 3	Dawn
BARBELL STRENGTH	10.00am - 11.00am 10.15am - 11.00am	Studio 3 Studio 1	Dawn Tracy
BARBELL STRENGTH HYDRO POWER	10.00am - 11.00am           10.15am - 11.00am           10.30am - 11.15am	Studio 3 Studio 1 Swimming Pool Studio 1 Studio 3	Dawn Tracy Katie
BARBELL STRENGTH HYDRO POWER STEP & TONE PILATES POWER HIIT	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 3 Studio 1 Swimming Pool Studio 1 Studio 3 Studio 1	Dawn Tracy Katie Tracy Ivan Tracy
BARBELL STRENGTH HYDRO POWER STEP & TONE PILATES POWER HIIT HYDRO POWER (Ladies only)	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 3 Studio 1 Swimming Pool Studio 1 Studio 3 Studio 1 Swimming Pool	Dawn Tracy Katie Tracy Ivan Tracy Vicky M
BARBELL STRENGTH HYDRO POWER STEP & TONE PILATES POWER HIIT HYDRO POWER (Ladies only) RHYTHM CYCLE	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 3 Studio 1 Swimming Pool Studio 1 Studio 3 Studio 1 Swimming Pool Spin Studio	Dawn Tracy Katie Tracy Ivan Tracy Vicky M Jodie
BARBELL STRENGTH HYDRO POWER STEP & TONE PILATES POWER HIIT HYDRO POWER (Ladies only) RHYTHM CYCLE YOGA	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 3 Studio 1 Swimming Pool Studio 1 Studio 3 Studio 1 Swimming Pool	Dawn Tracy Katie Tracy Ivan Tracy Vicky M
BARBELL STRENGTH HYDRO POWER STEP & TONE PILATES POWER HIIT HYDRO POWER (Ladies only) RHYTHM CYCLE YOGA FRIDAY	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 3 Studio 1 Swimming Pool Studio 1 Studio 3 Studio 1 Swimming Pool Spin Studio Studio 3	Dawn Tracy Katie Tracy Ivan Tracy Vicky M Jodie Corinne
BARBELL STRENGTH HYDRO POWER STEP & TONE PILATES POWER HIIT HYDRO POWER (Ladies only) RHYTHM CYCLE YOGA FRIDAY PILATES	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	Studio 3 Studio 1 Swimming Pool Studio 1 Studio 3 Studio 1 Swimming Pool Spin Studio Studio 3 Studio 3	Dawn Tracy Katie Tracy Ivan Tracy Vicky M Jodie Corinne
BARBELL STRENGTH HYDRO POWER STEP & TONE PILATES POWER HIIT HYDRO POWER (Ladies only) RHYTHM CYCLE YOGA FRIDAY PILATES TOTAL BODY BLITZ	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         9.00am - 10.00am         9.15am - 10.00am	Studio 3Studio 1Swimming PoolStudio 1Studio 3Studio 1Swimming PoolSpin StudioStudio 3Studio 3Studio 3Studio 3	Dawn Tracy Katie Tracy Ivan Tracy Vicky M Jodie Corinne Ivan Ivan Ivan Donna J
BARBELL STRENGTH HYDRO POWER STEP & TONE PILATES POWER HIIT HYDRO POWER (Ladies only) RHYTHM CYCLE YOGA FRIDAY PILATES TOTAL BODY BLITZ BALL & BAND PILATES	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 3Studio 1Swimming PoolStudio 1Studio 3Studio 1Swimming PoolSpin StudioStudio 3Studio 3Studio 3Studio 3Studio 1Studio 3Studio 3Studio 1Studio 3Studio 3Studio 3	Dawn Tracy Katie Tracy Ivan Tracy Vicky M Jodie Corinne Ivan Ivan Jonna J Ivan
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	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         9.00am - 10.00am         9.15am - 10.00am         10.15am - 11.00am	Studio 3Studio 1Swimming PoolStudio 1Studio 3Studio 1Swimming PoolSpin StudioStudio 3Studio 3Studio 3Studio 3Studio 1Studio 3Studio 3Studio 3Studio 3Studio 3Spin Studio 3Spin Studio 3Spin Studio 3Spin Studio 3	Dawn Tracy Katie Tracy Ivan Tracy Vicky M Jodie Corinne Ivan Ivan Jonna J Ivan Jonna J
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	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 3Studio 1Swimming PoolStudio 1Studio 3Studio 1Swimming PoolSpin StudioStudio 3Studio 3Studio 3Studio 3Studio 1Studio 3Studio 3Studio 1Studio 3Studio 3Studio 3	Dawn Tracy Katie Tracy Ivan Tracy Vicky M Jodie Corinne Ivan Ivan Jonna J Ivan
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	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         9.00am - 10.00am         9.15am - 10.00am         10.15am - 11.00am         10.15am - 11.00am	Studio 3Studio 1Swimming PoolStudio 1Studio 3Studio 1Swimming PoolSpin StudioStudio 3Studio 3Studio 1Studio 3Studio 3Studio 3Spin StudioStudio 3Spin StudioStudio 3Spin StudioStudio 1Studio 1Studio 1Studio 1	Dawn Tracy Katie Tracy Ivan Tracy Vicky M Jodie Corinne Vicky M Jodie Lvan Ivan Jonna J Ivan Donna J Agnieszka
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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 YOGA	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           9.00am - 10.00am           9.15am - 10.00am           10.15am - 11.00am           10.15am - 11.00am           10.15am - 11.00am           10.15am - 11.00am           9.30am - 10.15am	Studio 3Studio 1Swimming PoolStudio 1Studio 3Studio 1Swimming PoolSpin StudioStudio 3Studio 3Studio 1Studio 3Studio 3Spin StudioSpin Studio	Dawn Tracy Katie Tracy Ivan Tracy Vicky M Jodie Corinne Corinne Ivan Ivan Donna J Ivan Jonna J Agnieszka
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 STEP AND TONE RHYTHM CYCLE STEP AND TONE RHYTHM CYCLE STEP AND TONE	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         10.15am - 11.00am         10.15am - 11.00am	Studio 3 Studio 1 Swimming Pool Studio 1 Studio 3 Studio 1 Swimming Pool Spin Studio Studio 3 Studio 3 Studio 3 Studio 1 Studio 3 Spin Studio Studio 1 Studio 1 Studio 1 Studio 1	Dawn Tracy Katie Tracy Ivan Ivan Vicky M Jodie Corinne IVan Ivan Ivan Ivan Jodie Ivan Ivan Johna J Ivan Johna J J J J J J J J J J J J J J J J J J J