

# FITNESS CLASS TIMETABLE

Day	Class	Time
Monday	Aquafit	09:15-10:00
Monday	Zumba	09:30-10:20
Monday	X-press Pump	10:20-11:05
Monday	Spinning	18:00-18:45
Monday	Bums, Tums & Thighs	18:00-19:00
Monday	Zumba Tone	19:00-20:00
Tuesday	Bums, Tums & Thighs	09:30-10:30
Tuesday	Fit 4 Life	11:00-12:00
Tuesday	Easy Spin	17:25-17:55
Tuesday	Step	18:00-18:50
Tuesday	Spinning	18:00-18:45
Tuesday	Body Pump	19:00-20:00
Tuesday	Aquafit	19:00-20:00
Wednesday	Spinning	09:10-09:55
Wednesday	Zumba Tone	10:00-11:00
Wednesday	Spinning	17:45-18:30
Wednesday	Zumba	17:45-18:45
Wednesday	Circuits (Winter only)	18:45-19:45
Thursday	Body Pump	09:30-10:30
Thursday	Fit 4 Life	11:00-12:00
Thursday	Aqua Health	15:00-16:00
Thursday	Spinning	18:00-18:45
Thursday	Zumba	18:00-19:00
Thursday	Aquafit	19:00-20:00
Thursday	Mind Body and Soul	19:00-20:00
Friday	Bums, Tums and Thighs	09:30-10:30
Friday	Spinning	17:10-17:55
Friday	Body Pump	18:00-19:00
Saturday	Spinning	11:15-12:00
Sunday	Zumba	10:00-11:00

**The Swan Centre for Leisure - 01289 330603**

[www.swanleisurecentre.co.uk](http://www.swanleisurecentre.co.uk)

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