

CYGNET LEISURE CENTRE

GROUP EXERCISE CLASSES

JULY - SEPTEMBER

MONDAY

Pilates	ⓑ	Studio 3	9.00am - 10.00am
Group Cycle	ⓑ	Spin Studio	9.15am - 10.00am
Kettle Bells	ⓑ	Studio 1	9.30am - 10.15am
Pilates	ⓑ	Studio 3	10.30am - 11.30am
 ZUMBA	ⓑ	Studio 1	11.00am - 12.00pm
Yoga	ⓑ	Studio 3	1.45pm - 3.00pm
Group Cycle	ⓑ	Spin Studio	6.30pm - 7.15pm
Yoga	ⓑ	Studio 3	6.45pm - 8.15pm
HIIT & Tone	ⓑ		7.30pm - 8.30pm
Group Cycle	ⓑ	Spin Studio	7.45pm - 8.30pm

TUESDAY

Group Cycle	ⓑ	Spin Studio	7.15am - 8.00am
Group Cycle	ⓑ	Spin Studio	9.30am - 10.15am
Total Body Blitz	ⓑ	Studio 1	10.00am - 11.00am
50+ Fitness	ⓑ	Studio 1	11.30am - 12.30pm
Pilates	ⓑ	Studio 3	6.00pm - 7.00pm
Tums, Bums & Thighs	ⓑ	Studio 1	6.15pm - 7.15pm
Group Cycle	ⓑ	Spin Studio	6.45pm - 7.30pm
Kettlebells	ⓑ	Studio 1	7.45pm - 8.45pm
Mindfulness Class	ⓑ	Studio 3	7.30pm - 8.30pm
Group Cycle	ⓑ	Spin Studio	8.00pm - 8.45pm

WEDNESDAY

Kettlebells	ⓑ	Studio 1	9.15am - 10.00am
Group Cycle	ⓑ	Spin Studio	9.15am - 10.00am
Body Tone	ⓑ	Studio 1	10.30am - 11.30am
50+ Fitness	ⓑ	Studio 1	12.00pm - 1.00pm
Shrink an Inch	ⓑ	Studio 1	6.00pm - 7.00pm
Yoga	ⓑ	Studio 3	7.00pm - 8.30pm
Group Cycle	ⓑ	Spin Studio	7.15pm - 8.00pm
 ZUMBA	ⓑ	Studio 1	7.30pm - 8.30pm

THURSDAY

HIIT 20	ⓑ	Studio 1	9.00am - 9.30am
Group Cycle	ⓑ	Spin Studio	9.15am - 10.00am
Kettlebells	ⓑ	Studio 1	10.00am - 10.45am
Yoga	ⓑ	Studio 3	10.15am - 11.30am
Pilates	ⓑ	Studio 1	6.15pm - 7.15pm
 BOXERCISE Non Contact	ⓑ	Studio 1	6.30pm - 7.15pm
Group Cycle	ⓑ	Spin Studio	7.30pm - 8.15pm
Power HIIT	ⓑ	Studio 1	7.45pm - 8.30pm
Yoga	ⓑ	Studio 3	8.00pm - 9.00pm

FRIDAY

Total Body Blitz	ⓑ	Studio 1	9.15am - 10.00am
Pilates	ⓑ	Studio 3	9.30am - 10.30am
Group Cycle	ⓑ	Spin Studio	10.15am - 11.00am
Senior Circuit	ⓑ	Studio 3	10.30am - 11.30am
Pilates	ⓑ	Studio 3	11.00am - 12.00pm

SATURDAY

Group Cycle	ⓑ	Spin Studio	9.00am - 9.45am
Step & Tone	ⓑ	Studio 1	10.00am - 11.00am
Group Cycle	ⓑ	Spin Studio	10.15am - 11.00am
Yoga	ⓑ	Studio 3	11.30am - 1.00pm

SUNDAY

Group Cycle	ⓑ	Spin Studio	9.00am - 9.45am
Yoga	ⓑ	Studio 3	9.30am - 11.00am
HIIT	ⓑ	Studio 1	10.00am - 11.00am