

THE SWANSCOMBE CENTRE

GROUP EXERCISE CLASSES

JULY - SEPTEMBER

MONDAY

Kettlebells (b) Studio 9.15am - 10.00am

Group Cycle (b) Spin Studio 10.00am - 10.30am

HIIT 20 (b) Studio 10.30am - 11.00am

Group Cycle (b) Spin Studio 7.00pm - 7.45pm

TUESDAY

Group Cycle (b) Spin Studio 9.00am - 9.45am

Kettlebells (b) Studio 10.00am - 10.45am

Tums, Bums & Thighs (b) Studio 6.45pm - 7.45pm

Cycle and Pump (b) Spin Studio 7.15pm - 8.00pm

Stretch and Relax (b) Studio 8.15pm - 8.45pm

WEDNESDAY

Group Cycle (b) Spin Studio 9.15am - 10.00am

Step & Tone (b) Studio 10.00am - 11.00am

Group Cycle (b) Spin Studio 7.00pm - 7.45pm

Body Tone (b) Studio 7.45pm - 8.30pm

THURSDAY

Cycle & Tone (b) Spin Studio 10.00am - 11.00am

Yoga (b) Studio 7.00pm - 8.30pm

FRIDAY

HIIT 20 (b) Studio 8.30am - 9.00am

Group Cycle (b) Spin Studio 9.00am - 9.30am

Kettlebells (b) Studio 9.30am - 10.30am

SATURDAY

Gentle Workout (b) Studio 1 9.00am - 10.00am

SUNDAY

Group Cycle (b) Spin Studio 10.00am - 10.45am

