

MAD SWANS
IN THE MENDIPS

GYM CLASS TIMETABLE

Monday	09:30 – 10:15	Group Cycle	Gym	Aidan
	10:30 – 11:30	Yoga	Studio	Zoe
	17:00 – 17:45	Shape n' Sculpt	Studio	Kath
	18:00 – 19:00	Pilates	Studio	Teresa
	18:15 – 19:00	Group Cycle	Gym	Kath
	19:15 – 20:00	Group PT	Studio	Kath
Tuesday	09:30 – 10:30	Strength & Conditioning + Abs	Studio	Alex
	10:30 – 11:30	Strength & Conditioning + Abs	Studio	Alex
	18:15 – 19:00	H.I.I.T.	Studio	Phill
Wednesday	09:30 – 10:15	Group Cycle	Gym	Phill
	09:30 – 10:30	Pilates	Studio	Teresa
	17:00 – 17:45	Group Cycle	Gym	George
	18:00 – 18:45	Strength & Conditioning	Studio	Alex
	19:00 – 19:30	Wellness, Posture, & Stretch	Studio	Alex
Thursday	09:30 – 10:15	Shape n' Sculpt	Studio	Kath
	10:30 – 11:30	Mad Swans Pilates & Power Yoga	Studio	Kath
	17:00 – 17:45	Mad Swans Total Strength	Studio	George
	18:00 – 18:45	Zen & Mobility	Studio	Phill
Friday	09:30 – 10:15	Group Cycle	Gym	Kath
	10:30 – 11:15	Low Impact	Studio	Kath
Saturday	09:30 – 10:30	Pilates	Studio	Nicole
Sunday	09:30 – 10:15	Group Cycle	Gym	Instructor
	10:30 – 11:15	Strength & Conditioning	Studio	Instructor