

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	Aidan
	10:30 – 11:30	Strength & Conditioning + Abs	Studio	Aidan
	18:15 – 19:00	H.I.I.T.	Studio	George
Wednesday	09:30 – 10:15	Group Cycle	Gym	George
	09:30 – 10:30	Pilates	Studio	Teresa
	10:45 – 11:45	Pilates	Studio	Teresa
	17:00 – 17:45	Group Cycle	Gym	Aidan
	18:30 – 19:15	Strength & Conditioning	Studio	Aidan
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	Group Cycle	Gym	George
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	Kath/Aidan
	10:30 – 11:15	Strength & Conditioning	Studio	Kath/Aidan