

Swesh STUDIO



Swesh Brochure

2020



Personal Training



One to One Sessions



Train with a friend



Train as a 3

All prices available at www.sweshpt.co.uk



Classes, Online and Group Sessions



Swesh Studio memberships include Circuits, Boxercise, Bootcamp, HIIT, Core and Stretch classes

Group Outdoor Training



Prices available www.sweshpt.co.uk



Pictured:

Top: Ladies Vest- JC015 Jet Black

Middle: Ladies T Shirt JC005 Jet Black
Ladies Vest Artic White

Bottom: Ladies Vest Hot Pink
Ladies ¾ length Leggings JC086 Jet
Black and Hot Pink



Pictured:

Top: Ladies T Shirts- JC005 Burgundy + Heather Grey

Middle: Ladies T-Shirt JC005 Jet Black + Full Length Leggings JC167 Jet Black Ladies Racer Back Vest JC015 Artic White + ¾ Length Leggings JC086 Jet Black

Bottom: Ladies T Shirt Reflex Blue



Pictured:

Top: Ladies Running Hoody- TL551
Purple Marl

Middle: Sports Hoody JH006 Sun
Yellow Kids T Shirt JC001B Fire Red

Bottom: Ladies T Shirt Reflex Blue



Pictured:

Top: Full Length Ladies Leggings
JC167 Jet Black

Middle Left: 3/4 Length Leggings JC086
Jet Black

Middle Right: Full Length Leggings
and 3/4 Length Leggings



Pictured:

Top: Men's T Shirt JC001 Desert Sand

Middle: Sports Men's T Shirt JC001
Airforce Blue

Bottom: Men's Vest JC007 Jet Black



Pictured:

Top: Retro Track Hoody JC061 Fire Red and Artic White

Middle: Men's Cowl Neck Jumper JC037 Red + Men's Shorts JC080 Jet Black

Bottom: Retro Track Hoody French Navy and Sport Grey + Men's Shorts Charcoal



Pictured:

Top: Sports Hoody JH006 Steel Grey
+ Men's Joggers JH073 Navy

Middle: Sports Hoody JH006 Steel
Grey, Sun Yellow + Retro Track
Hoody French Navy + Sports Grey

Bottom: Men's Cowl Neck Jumper
JC037 Red Kids T Shirt JC001B Fire
Red



Pictured:

Top: Men's Shorts JC080 Jet Black

Middle: Men's Joggers JH073 Navy

Bottom: Men's T Shirt JC001 Navy
Blue + Jet Black



Pictured:

Top: Ladies Vest JC015 Charcoal
Men's T Shirt Navy

Middle: Kids T Shirt JC001B Fire Red

Bottom: Ladies T Shirt Burgundy

JC061



Relaxed fit.
 Drop shoulder style.
 Contrast mesh lined hood with contrast drawcord.
 Full length zip.
 Contrast lower body, cuffs and hem.
 Two front pockets.
 Ribbed cuffs and hem.
 Tear out label.
 100% polyester.
 Weight: 220 gsm

Retro Track Hoody



Size: S M L XL XXL
 Chest (to fit): 37/39 39/41 41/43 43/45 45/48



Swesh Price (embroidered and printed)

£35

JC038

Ladies Cowl Neck Jumper



DynamicCool™ responsive blended fabric.
 Raglan sleeves.
 Cowl neck style hood with toggles.
 Reflective elements on hood.
 Reflective tab on back neck for ear phone cords.
 Thumbholes on cuffs.
 Overlock stitched seams.
 Twin needle hem.
 Tear out label.
 92% polyester/8% elastane.
 Weight: 210 gsm



Size: XS S M L XL
 Ladies size: 8 10 12 14 16

Swesh Price (printed)

£30

JC037



DynamicCool™ responsive blended fabric.
Raglan sleeves.
Cowl neck style hood with toggles.
Reflective elements on hood.
Reflective tab on back neck for ear phone cord.
Thumbholes on cuffs.
Overlock stitched seams.
Twin needle hem.
Tear out label.
92% polyester/8% elastane.
Weight: 210 gsm

Men's Cowl Neck Jumper



Size: S M L XL XXL
Chest (to fit): 37/39 39/41 41/43 43/45 45/48

Swesh Price (printed)

£30

TL551

Ladies Running Hoody



Slim fit.
Funnel neck hood with toggles.
Full length zip with chin guard and inner zip guard.
Raglan sleeves with reflective tape.
Two front zip pockets.
Inner media pocket.
Thumbholes on cuffs.
Self fabric bound hem.
Flatlock stitching.
100% polyester french terry.
Weight: 180 gsm



Size: XS S M L XL XXL
Chest (to fit): 30/32 32/34 34/36 36/38 38/40 40/42

Swesh Price (printed)

£35

JH006



Brushed back fleece.
Drop shoulder style.
Three panel double fabric hood.
Self colour round drawcord with metal tips.
Front pouch pocket.
Self fabric cuffs and hem.
Twin needle stitching.
Tear out label.
100% polyester.
Weight: 200 gsm

Sports Hoody

Size: S M L XL XXL 3XL
Chest (to fit): 36 40 44 48 52 56



Swesh Price (embroidered and printed)

£25

JH001

Hooded Sweatshirt



Soft cotton faced fabric.
Drop shoulder style.
Double fabric hood with self colour drawcord.
Front pouch pocket.
Ribbed cuffs and hem.
Twin needle stitching.
Tear out label.
80% cotton/20% polyester.*
Weight: 280 gsm

Size: XS S M L XL XXL 3XL 4XL 5XL
Chest (to fit): 34 36 40 44 48 52 56 60 64

Swesh Price (embroidered and printed)

£20



JC001



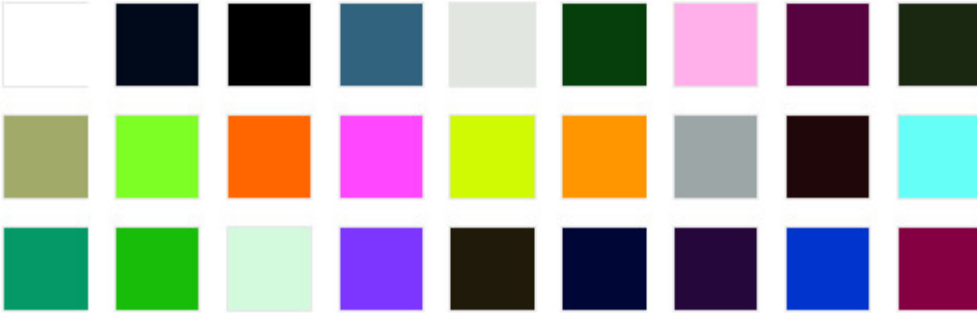
Neoteric™ textured fabric with inherent wickability. UPF 30+ UV protection. Relaxed fit. Self fabric collar. Taped neck. Twin needle stitching. Printed/tear out neck label (some colours in transition). 100% polyester. Weight: 140 gsm

Men's Performance T-Shirt

Size: XS S M L XL XXL 3XL 4XL 5XL
Chest (to fit): 35/37 37/39 39/41 41/43 43/45 45/48 48/50 51/53 54/56

Swesh Price (printed)

£11.50



JC007

Men's Vest



Neoteric™ textured fabric with inherent wickability. UPF 30+ UV protection. Self fabric bound neckline and armholes. Twin needle curved drop hem. Printed/tear out label (some colours in transition). 100% polyester. Weight: 140 gsm

Size: S M L XL XXL
Chest (to fit): 37/39 39/41 41/43 43/45 45/48

Swesh Price (printed)

£11.50



JC005



Neoteric™ textured fabric with inherent wickability.
UPF 30+ UV protection.
Girlie fit.
Self fabric collar.
Taped neck.
Curved back hem.
Twin needle stitching.
Tear out neck label.
100% polyester.
Weight: 140 gsm

Ladies Performance T-Shirt

Size: XS S M L XL XXL
Ladies size: 8 10 12 14 16 18

Swesh Price (printed)

£11.50



JC015

Ladies Racer Back Vest



Neoteric™ textured fabric with inherent wickability.
UPF 30+ UV protection.
Girlie fit.
Racer back style.
Self fabric bound neckline and armholes.
Twin needle hem.
Tear out neck label.
100% polyester.
Weight: 140 gsm

size: XS S M L XL
Ladies size: 8 10 12 14 16

Swesh Price (printed)

£11.50



SS14B



Drop shoulder style.
 Double fabric hood.
 Single jersey taped back neck.
 Front pouch pocket.
 Cotton/Lycra® ribbed cuffs and hem.
 Twin needle stitching.
 Cut out label.
 80% cotton/20% polyester.
 Weight: White and Heather 260 gsm, Colours 200 gsm

Kids Hoody

Price (printed)

£15

Age: 5-6 7-8 9-11 12-13 14-15
 Height (cm): 116 128 140 152 164
 Chest (to fit): 26/28 30 32 34 36



JC001B

Kids T-Shirt

Price (printed)

£9.50



Relaxed fit.
 Neoteric™ textured fabric with inherent wickability.
 UPF 30+ UV protection.
 Self fabric collar.
 Taped neck.
 Twin needle stitching.
 Tear out neck label.
 100% polyester.
 Weight: 140 gsm

Size: XS S M L XL
 Age: 3-4 5-6 7-8 9-11 12-13
 Chest (to fit): 26 28 30 32 34



JC167



UPF 40+ UV protection.
Fitted stretch fabric.
High waisted with wide waistband.
Seamless design.
Tear out label.
92% nylon/8% elastane.
Weight: 300 gsm

Full Length Leggings

Price (printed)

£20

Size: XS S M L XL
Ladies size: 8 10 12 14 16



JC086



CoolFit™ matt finish performance fabric with superior wicking properties.
UPF 40+ UV protection.
Slimline 3/4 length.
Elasticated smooth waistband.
Hidden inner key pocket.
Contrast flatlock topstitching on contrast colours.
Tear out label.
87% polyester/13% elastane.
Weight: 280 gsm

Size: XS S M L XL
Ladies size: 8 10 12 14 16



3/4 Length Leggings

Price (printed)

£20

JC166



UPF 40+ UV protection.
Racer back style.
Self fabric bound scoop neckline and armholes.
Padded cups.
Wide elasticated band.
Tear out label.
92% nylon/8% elastane.
Weight: 300 gsm

Crop Top/Sports Bra

Price (printed)

£20

Size: XS S M L XL
Ladies size: 8 10 12 14 16



JC080



Neoteric™ textured fabric with inherent wickability.
UPF 40+ UV protection.
Micro mesh lining.
Elasticated waistband with drawcord.
Inner key pocket.
Two side pockets.
Tear out label (some colours in transition).
100% polyester.

Size: S M L XL XXL
Waist (to fit): 30 32 34 36 38



Men's Shorts

Price (printed)

£13

JH073



Soft cotton faced fabric.
Brushed back fleece.
Slim fit.
Elasticated waistband with inner drawcord.
Two front YKK zip pockets.
Ribbed cuffed leg ends.
Tear out label.
80% ringspun cotton/20% polyester.

Size: S M L XL
Waist (to fit): 30 32 34 36



Men's Joggers

Price (printed)

£20



Swesh Studio Water Bottle

£7.50

Personalised with Name

£10



Swesh Studio Towel

£7.50



Swesh Studio Sports Bag

£7.50

