

AEROBICS & INDOOR CYCLING CLASS TIMETABLE



Monday 8th January to Sunday 29th April 2018 **Mardyke Arena**
UNIVERSITY COLLEGE CORK

Monday	Class	Instructor	Studio
07:10-08:00	Total Tone	Arnolda	7
09:30-10:20	Aqua Aerobics	Alanna	Pool
10:30-11:30	20:20:20	Alanna	1
13:10-14:00	Indoor Cycling Coach By Colour	Alanna	3
17:30-18:20	Kelly's Kettlebells	Kelly	7
18:00-18:50	Zumba	Lisa	1
18:00-18:50	Indoor Cycling MyRide	Niamh	3
18:00-18:50	Hot Yoga	Sara	4
18:30-19:20	Step n Tone	Amanda	7
19:00-19:50	HIT	Niamh	1
19:30-20:20	Legs, Bums, Tums	Amanda	4
20:00-20:50	Indoor Cycling Coach By Colour	Eamonn	3

Tuesday	Class	Instructor	Studio
07:10-08:00	Kellys Kettlebells	Kelly	1
07:10-08:00	Indoor Cycling MyRide	Eamonn	3
09:30-10:20	Legs, Bums, Tums	Amanda	Hall
13:10-14:00	Indoor Cycling Coach By Colour	Ava	3
17:30-18:30	20:20:20	Alanna	1
18:00-18:50	Total Tone	Niamh	7
18:00-18:50	Hot Yoga	Kathryn	5
18:30-19:20	Total Body Combat	Ava/Luke	Track
18:30-19:30	Power Hour	Eamonn	1
19:00-19:50	Step n Tone	Alanna	7
19:00-19:50	Zumba	Lisa	4
20:00-20:50	Indoor Cycling MyRide	Lisa	3

Wednesday	Class	Instructor	Studio
07:10-08:00	Indoor Cycling Coach By Colour	Andy B	3
07:10-08:00	Total Tone	Niamh	7
09:30-10:20	Aqua Aerobics	Niamh	Pool
10:30-11:20	Step n Tone	Alanna	1
13:10-14:00	Indoor Cycling MyRide	Alanna	3
17:30-18:20	Legs, Bums, Tums	Claudia	1
17:30-18:20	Begin To Spin	Niamh	3
18:00-19:00	3 in 1 Cardio:Strength:Core	Luke	4
18:30-19:20	Drop in Pilates	Claudia	2
18:30-19:30	Power Hour	Niamh	1
19:00-19:50	Indoor Cycling Coach By Colour	Eamonn	3
19:10-20:00	Yoga Fitness	Helga	7
19:30-20:20	Hatha Yoga	Eibhlin	4
20:10-21:00	Kettlebells	Eamonn	7

Thursday	Class	Instructor	Studio
07:10-08:00	Total Body Combat	Kelly	Track
09:30-10:20	Legs, Bums, Tums	Claudia	1
10:30-11:20	Drop in Pilates	Claudia	1
13:10-14:00	Indoor Cycling Coach By Colour	Kelly	3
17:30-18:20	Step n Tone	Niamh	1
18:00-18:50	HIT	Lisa	7
18:00-18:50	Indoor Cycling MyRide	Eamonn	3
18:30-19:20	Legs, Bums, Tums	Niamh	1
19:00-19:50	Zumba	Lisa	7
19:30-20:20	Hot Yoga	Helga	4
20:00-20:50	Indoor Cycling Coach By Colour	Lisa	3

Friday	Class	Instructor	Studio
07:10-08:00	Total Tone	Eamon	7
10:30-11:20	Power Core Class	Lisa	1
13:10-14:00	Indoor Cycling MyRide	Andy B	3
18:00-18:50	Indoor Cycling Coach By Colour	Ava	3

Saturday	Class	Instructor	Studio
09:30-11:30	Indoor Cycling MyRide Plus	Rotation	3
10:00-10:50	Step n Tone	Lisa	1
11:00-11:50	HIT	Lisa	1
17:00-17:50	Indoor Cycling Coach By Colour	Eamon	3

Sunday	Class	Instructor	Studio
10:10-11:00	Power Core Class	Lisa	1
11:10-12:00	Indoor Cycling Coach By Colour	Lisa	3
17:00-17:50	Indoor Cycling MyRide	Luke	3

Class Rates

Members	€4
UCC Students	Free
Non Member	€8
UCC Staff	€8

* These Classes are FREE for members

NEW FOR NON MEMBER

Gym PLUS

Class Pass €10

Pilates & Yoga Course Rates (6 week course)

Mardyke Arena Member	€65
UCC Student	€65
UCC Staff Non-Member	€85
Non-Member	€95

Terms & Conditions

Space is limited in all classes. All Classes are pay as you go. Tickets go on sale 60 minutes before the class starts. Courses are pre-paid. The full amount must be paid prior to the course starting. Management reserve the right to change or alter classes and times. Where possible as much notice will be given. Late entry into classes is not allowed, for health and safety reasons.

Please see activity calendar on website for up to date schedules.

Pilates & Yoga 6 week Courses

MONDAY	PILATES	7-8PM	LISA
TUESDAY	BEGINNERS PILATES	7-8PM	NIAMH
WEDNESDAY	BEGINNERS PILATES	6-7PM	ALANNA
THURSDAY	ASHTANGA YOGA	6-7PM	HELGA

Pilates & Yoga Course Start Date

Course One: 8th January 2018
Course Two: 19th February 2018
Course Three: 2nd April 2018

