

# WINTER / SPRING TIMETABLE

STARTING FROM JANUARY 4TH 2012



## MONDAY

Time	Class	Location	Instructor
07:10-08:10	Total Tone	Studio 7	Mary
09:35-10:25	Aqua Attack	Pool	Mary
13:10-14:00	Lunch Spin FREE	Studio 3	Alanna
17:30-18:20	Power Core Ball	Studio 1	Claudia
18:00-18:50	Spin	Studio 3	Lisa
18:00-18:50	Hatha Yoga	Studio 7	Eibhlin
18:30-19:20	Kettle Bell Sculpt	Studio 1	Claudia
19:00-19:50	Step n Tone	Studio 7	Amanda O'C
19:30-20:20	Spin Peaks	Studio 3	Amanda F
20:00-21:00	ZUMBA Fitness	Studio 1	Lisa

## TUESDAY

Time	Class	Location	Instructor
07:10-08:10	Sunrise Spin	Studio 3	Eamon
09:35-10:25	Legs, Bums, Tums	Studio 7	Amanda O'C
13:10-14:00	Lunch Spin FREE*	Studio 3	Amanda O'C
17:30-18:20	Begin 2 Spin	Studio 3	Alanna
18:00-18:50	Total Tone	Studio 7	Mary
18:30-19:20	Power Core Ball	Studio 1	Michelle
19:00-19:50	Step 'n Tone	Studio 7	Alanna
19:00-19:50	Aqua Attack	Pool	Mary
19:30-20:20	Tai Chi	Studio 1	Frankie
20:00-20:50	Spin Peaks	Studio 3	Lisa

## WEDNESDAY

Time	Class	Location	Instructor
07:10-08:10	Total Tone	Studio 7	Mary
09:35-10:25	Aqua Attack	Pool	Mary
10:10-11:00	Step 'n Tone	Studio 1	Alanna
13:10-14:00	Lunch Spin FREE*	Studio 3	Alanna
17:30-18:30	ZUMBA Tone	Studio 1	Fabiola
18:10-18:50	Begin 2 Spin	Studio 3	Fiona
18:30-19:20	Hatha Yoga	Studio 7	Eibhlin
19:00-19:30	Abs Blast	Studio 1	Fiona
19:00-19:50	Fast Spin	Studio 3	Eamonn
19:30-20:20	Legs, Bums, Tums	Studio 1	Fiona
20:00-21:00	Kettle Bell Fitness	Studio 7	Eamonn

## THURSDAY

Time	Class	Location	Instructor
07:10-08:10	Sunrise Spin	Studio 3	Eamon
09:35-10:25	Legs, Bums, Tums	Studio 1	Amanda O'C
13:10-14:00	Lunch Spin FREE*	Studio 3	Alanna
17:30-18:20	Power Core Ball	Studio 1	Lisa
18:00-18:50	HIT	Studio 7	Mary
18:30-19:20	Step 'n Tone	Studio 1	Amanda H
19:00-19:50	ZUMBA Fitness	Studio 7	Lisa
19:30-20:20	Total Tone	Studio 1	Mary
20:00-20:50	Spin Peaks	Studio 3	Lisa

## FRIDAY

Time	Class	Location	Instructor
07:10-08:10	Total Tone	Studio 7	Mary
09:35-10:25	HIT	Studio 1	Mary
10:30-11:30	ZUMBA Fitness	Studio 7	Lisa
18:30-19:20	Last Chance Spin	Studio 3	Will
19:30-20:20	Kettle Bell Fitness	Studio 1	Will

## SATURDAY

Time	Class	Location	Instructor
10:00-11:00	Step it Out	Studio 1	Lisa
11:00-12:00	HIT	Studio 1	Lisa
17:00-18:00	Saturday Spin	Studio 3	Eamonn

## SUNDAY

Time	Class	Location	Instructor
10:00-11:00	Power Core Ball	Studio 1	Lisa
17:00-18:00	Sunday Spin	Studio 3	Eamonn

## UCC STUDENT ONLY CLASSES

MONDAY	Class	Location
17:30-18:00	Spin	Studio 3
19:30-20:00	Abs Blast	Studio 1
WEDNESDAY	Class	Location
18:30-19:00	Abs Blast	Studio 1
19:30-20:00	Hatha Yoga	Studio 4

TUESDAY	Class	Location
17:30-18:00	Abs Blast	Studio 1
19:30-20:00	Spin	Studio 3
THURSDAY	Class	Location
19:30-20:00	Abs Blast	Studio 4
20:00-20:30	Total Body Blast	Studio 4

## Class Rates

Members:	€4
UCC Students	FREE
Non Member/ Pay & Play	€8
30 minute class	€2 (members only)

### \* Free

These classes are free for Members and €8 for Non Member/ Pay & Play Members