



Mardyke Arena

UNIVERSITY COLLEGE CORK

ENERGISE YOUR LIFE PROGRAMME – Autumn 2022 Starts Monday September 12th-December 15th

MONDAY

| TIME | CLASS | STUDIO | INSTRUCTOR |
|-------------|----------------------|----------|------------|
| 09.15-10.00 | Reformer Pilates | Studio 2 | Gillian |
| 10.15-11.15 | 20/20,Stretch & Flex | Studio 7 | Arnolda |

TUESDAY

| TIME | CLASS | STUDIO | INSTRUCTOR |
|-------------|------------------|----------|------------|
| 09.15-10.00 | Reformer Pilates | Studio 2 | Gillian |
| 10.15-11.15 | Aerobics & Tones | Studio 7 | Kevin |

WEDNESDAY

| TIME | CLASS | STUDIO | INSTRUCTOR |
|-------------|------------------|----------|------------|
| 09.15-10.00 | Reformer Pilates | Studio 2 | Claire |
| 10.15-11.15 | Step and Flex | Studio 7 | Sinead |

THURSDAY

| TIME | CLASS | STUDIO | INSTRUCTOR |
|-------------|---------------------|----------|------------|
| 09.15-10.00 | Reformer Pilates | Studio 2 | Deirdre |
| 10.15-11.15 | Power Ball and Tone | Studio 7 | Cornelia |

- Classes must be pre booked on the Mardyke Arena UCC app, available up to 48hour before the class starts.
- Mats are not provided, but can be purchased from Reception
- If you are new to exercise we advise you to check with your General Practitioner for clearance before commencing any Physical Activity.
- Please check in with class instructor before class begins
- Late comers will not will accommodated.

Price:

Reformer Pilates: –Member €7 / Non Member €10

10.15 Class: -Member- €4.50 / Non-Member- €8.00

