



Mardyke Arena

UNIVERSITY COLLEGE CORK

ENERGISE YOUR LIFE PROGRAMME

Older Adults 55yrs+

Summer 2026 – Tuesday June 2nd

TUESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
09.30-10.15	Reformer	Studio 2	Gillian
10.30-11.15	Reformer	Studio 2	Megan
10.30-11.15	Zumba	Studio 1	Karen
11.30-12.00	Stretch & Tone	Studio 1	Jake

WEDNESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
10.30-11.15	Functional Training	Studio 7	Glenn
11.15-12.00	Mat Pilates	Studio 5	Dereck

THURSDAY

TIME	CLASS	STUDIO	INSTRUCTOR
09.30-10.15	Reformer	Studio 2	Sinead
10.25-11.10	Yoga	Studio 5	Joanne
11.15-12.00	Total Fitness	Studio 7	Adam