



January 8<sup>th</sup> 2024

# Mardyke Arena

UNIVERSITY COLLEGE CORK

## MONDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Total Tone	Studio 8	Arnolda
13.10-13.55	Lunchtime Cycle	Studio 3	Ronan
17.30-18.15	Kettlebells	Studio 8	Aga
18.00-18.45	Yoga for beginners	Studio 7	Diego
18.30-19.15	Sculpt & Burn	Studio 8	Aga
19.00-19.45	Spin	Studio 3	Diego
19.30-20.15	Dance Fit	Studio 8	Olga

## TUESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Sunrise Spin	Studio 3	Arnolda
09.30-10.15	Aqua Aerobics	Pool	Aga
13.10-13.55	Lunchtime Cycle	Studio 3	Megan
17.30-18.15	Sculpt & Burn	Studio 8	Olga
18.00-18.45	Spin	Studio 3	Adam
18.30-19.15	Stretch & Flex	Studio 7	Olga
19.00-20.00	Ashtanga Yoga	Studio 4	Diego

## WEDNESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Sunrise Flex	Studio 8	Mary
09.30-10.15	Total Tone	Studio 1	Sinead
13.10-13.55	Lunchtime Cycle	Studio 3	Brid
18.00-18.45	Spin	Studio 3	Adam
19.00-19.45	HIIT	Studio 8	Adam
20.00-21.00	Hatha Yoga	Studio 8	Diego

## THURSDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Vinyasa Yoga	Studio 8	Joy
09.30-10.15	Aqua Aerobics	Pool	Aga
13.10-13.55	Lunchtime Cycle	Studio 3	Kaitlyn
17.30-18.15	Total Tone	Studio 7	Olga
18.00-18.45	HIIT	Studio 8	Brid
18.30-19.15	Step & Tone	Studio 7	Olga
19.00-19.45	Begin to Spin/FTW	Studio 3	Brid





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## FRIDAY

TIME	CLASS	UNIVERSITY COLLEGE CORK	STUDIO	INSTRUCTOR
07.10-07.55	Total Tone		Studio 8	Mary
09.45-10.30	Yoga		Studio 7	Claudia
13.10-13.55	Lunchtime Cycle		Studio 3	Brid
17.30-18.15	Step N Tone		Studio 7	Jake
18.30-19.15	Sculpt & Burn		Studio 7	Aoife

## SATURDAY

TIME	CLASS	STUDIO	INSTRUCTOR
09.30-10.15	FitBall	Studio 1	Olga
10.30-11.15	Sunrise Flex	Studio 1	Olga
11.30-12.15	Coach by Colour-Spin	Studio 3	Sinead

Price: UCC Student- FREE, Member- €4.50, Non-Member- €9. Lunchtime cycle Free to members -

### NOTICE

- Classes must be pre booked on the Mardyke Arena UCC app, available up to 48hour before the class starts. Minimum of 4 to start a class.
- Participants must check in with instructor prior to commencing all classes.
- Mats are not provided. Please bring a mat with you
- All classes will start on time and there will be a 5-minute grace period- Instructor will have the right to denied access after this time.
- If you need to cancel, please do so up to 1 hour before the class.

