



# Mardyke Arena

UNIVERSITY COLLEGE CORK

## MONDAY

| TIME        | CLASS                | STUDIO   | INSTRUCTOR |
|-------------|----------------------|----------|------------|
| 07.10-07.55 | Total Tone           | Studio 8 | Arnolda    |
| 09.30-10.15 | Swiss Ball & Tone    | Studio 1 | Kelly      |
| 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 | Coach by Colour-Spin | Studio 3 | Megan      |
| 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 | Sinead     |
| 18.30-19.15 | Stretch & Flex  | Studio 7 | Olga       |
| 19.00-19.45 | Zumba           | Studio 8 | Emilie     |
| 19.00-19.45 | Hatha 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       |
| 17.30-18.15 | Boxercise             | Studio 7 | Aga        |
| 18.00-18.45 | Spin- Coach by Colour | Studio 3 | Ronan      |
| 18.30-19.15 | Yoga                  | Studio 4 | Hannah     |
| 19.00-19.45 | Zumba                 | Studio 8 | Emilie     |
| 19.30-20.15 | Dance Fit             | Studio 7 | Hannah     |
| 20.00-20.45 | Hatha Yoga            | Studio 8 | Diego      |

## THURSDAY

| TIME        | CLASS             | STUDIO   | INSTRUCTOR |
|-------------|-------------------|----------|------------|
| 07.10-07.55 | Yoga Flow         | Studio 8 | Arnolda    |
| 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           | 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 8 | Sinead     |
| 18.30-19.15 | Pilates         | Studio 8 | Hannah     |

## 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 -

Starting Date: 6/1/23

### 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.

