

Main Studio Schedule

From January 5th 2026

MONDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Vinyasa Yoga	Studio 5	Joanne
08.20-09.05	Reformer PAYG**€	Studio 2	Cornelia
13.10-13.55	Lunchtime Cycle	Studio 3	Ronan
18.00-18.45	Total Tone	Stud 7	Chiara
18.00-18.45	Zumba €	Studio 1	Karen
18.30-19.15	Revelate €	Blue Gym	Siobhan
19.00-19.15	RPM- Wheelspin	Studio 3	Chiara
19.00-19.45	Kettlebells	Studio 7	Jake
19.30-20.15	Yin & Yang -Yoga	Studio 5	Marion
20.00-20.45	Revelate Strong €	Blue Gym	Jake

TUESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Total Tone	Studio 7	Maeve
09.30-10.15	Revelate Strong €	Blue Gym	Adam
09.40-10.25	Aqua Aerobics	Pool	Aga
13.10-13.55	Lunchtime Cycle	Studio 3	Megan
17.30-18.15	Pilates Fusion	Studio 7	Maeve
18.30-19.15	Revelate €	Blue Gym	Conor
18.30-19.15	Power Cycle	Studio 3	Maeve
18.30-19.15	Vinyasa	Studio 4	Marion
19.30-20.30	Revelate Strong €	Blue Gym	Glenn
19.30-20.15	Yin Yoga	Studio 5	Marion

WEDNESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Sunrise Flex	Studio 7	Mary
09.30-10.15	Revelate Strong €	Blue Gym	Conor
12.10-12.55	Mat Pilates	Studio 5	Dereck
13.10-13.55	Improver Reformer €	Studio 2	Dereck
13.10-13.55	Revelate Strong €	Blue Gym	Conor
17.30-18.15	KettleBells	Studio 7	Aga
18.30-19.15	Power Cycle	Studio 3	Chiara
18.30-19.15	Revelate Strong €	Blue Gym	Cillian

THURSDAY

07.10-07.55	Sunrise Spin	Studio 3	Maeve
09.30-10.15	Aqua Aerobics	Pool	Aga

12.20-13.05	Slow Flow - Yoga	Studio 5	Joanne
13.10-13.55	Lunchtime Cycle	Studio 3	Adam
18.00-18.45	Zumba €	Studio 7	Karen
18.30-19.15	Revelate Strong €	Blue Gym	Siobhan
19.00-19.45	Total Tone	Studio 7	Maeve
19.00-19.45	Begin to Spin	Studio 3	Brid
20.00-20.45	Pilates Fusion	Studio 7	Maeve

FRIDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Total Tone	Studio 7	Mary
09.45-10.30	Yoga	Studio 7	Claudia
13.10-13.55	Lunchtime Cycle	Studio 3	Brid

SATURDAY

TIME	CLASS	STUDIO	INSTRUCTOR
10.30-11.15	Kettle Bells	Studio 7	Jake
11.30-12.15	Power Cycle	Studio 3	Adam

Price: UCC Student- FREE, Member- €5.00, Non-Member- €12.00

€: Revelate/Strong: Members & Students: €5 Non-Member: €12.00
 Zumba: Members/Students: €5 Non-Member: €12.00 (as from Oct 1st)
 Reformer Pilates: Member & Students €15.00 Non-Member €20.00

NOTICE

- Classes must be pre booked on the Mardyke Arena UCC app, available up to 48hour before the class starts. Minimum of 4 bookings to start a class.
- Participants must check in with the 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.