



Mardyke Arena

UNIVERSITY COLLEGE CORK

Summer Studio Schedule

Updated July 6th

MONDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Hybrid X	Blue Gym	Aga
08.20-09.05	Reformer Level 2 Improver	Studio 2	Gillian
13.10-13.55	Lunchtime Cycle	Studio 3	Ronan
17.30-18.15	Kettlebells	Studio 7	Jake
18.30-19.15	Total Tone	Stud 7	Maeve
18.30-19.15	Slow Flow- Yoga	Studio 5	Marion
19.30-20.15	RPM- Wheelspin	Studio 3	Maeve
19.30-20.15	Yin & Yang -Yoga	Studio 5	Marion

TUESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Vinyasa Yoga	Studio 5	Joanne
09.30-10.15	Hybrid X	Blue Gym	Adam
09.30-10.15	Aqua Aerobics	Pool	Aga
13.10-13.55	Lunchtime Cycle	Studio 3	Megan
17.30-18.15	Core Sculpt	Studio 7	Ronan
17.30-18.15	Power Cycle	Studio 3	Maeve
18.30-19.15	Pilates Fusion	Studio 7	Maeve
20.00-20.45	Reformers- Beginner intro €	Studio 2	Cornelia

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	Hybrid X	Blue Gym	Conor
17.30-18.15	Booty Sculpt	Studio 7	Aga
18.30-19.15	Power Cycle	Studio 3	Jake

THURSDAY

07.10-07.55	Sunrise Spin	Studio 3	Maeve
09.30-10.15	Aqua Aerobics	Pool	Aga
12.10-12.55	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	Hybrid X	Blue Gym	Mark
19.00-19.45	Begin to Spin	Studio 3	Brid
19.30-20.15	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	Total Tone	Studio 7	Adam
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