



Mardyke Arena

UNIVERSITY COLLEGE CORK

Studio Timetable- Summer 2025 From Tuesday June 3rd

MONDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.30-08.15	Reformer Improver PAYG**	Studio 2	Gillian
13.10-13.55	Lunchtime Cycle	Studio 3	Ronan
17.30-18.15	kettlebells	Studio 7	Jake
18.00-18.45	Zumba	Studio 1	Karen
18.30-19.15	Revelate-Bike,Row,Ski	Blue Gym	Jake

TUESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Total Tone	Studio 7	Aga
09.20-10.05	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	Spin	Studio 3	Maeve
18.30-19.15	Revelate	Blue Gym	Glenn
19.30-20.30	No Lights, No Lycra*	Studio 7	N/A

WEDNESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Sunrise Flex	Studio 7	Mary
12.10-12.55	Reformer Improver PAYG**	Studio 2	Brigitte
13.10-13.55	Lunchtime Cycle	Studio 3	Megan
17.30-18.15	KettleBells	Studio 7	Aga
18.30-19.15	Power Cycle	Studio 3	Kaitlyn
19.30-20.15	20/20	Studio 7	Kaitlyn

THURSDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Revelate- Bike, Row,Ski	Blue Gym	Ronan
09.20-10.05	Aqua Aerobics	Pool	Aga
13.10-13.55	Lunchtime Cycle	Studio 3	Adam
18.00-18.45	Zumba	Studio 1	Karen
18.30-18.45	Total Tone	Studio 7	Maeve
18.30-19.15	Revelate	Blue Gym	Conor
19.30-20.15	FTP- Cycle	Studio 3	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	Kaitlyn
16.00-16.45	Vinyasa Yoga	Studio 4	Brigitte
17.00-17.45	Mat Pilates	Studio 4	Brigitte

SATURDAY

TIME	CLASS	STUDIO	INSTRUCTOR
10.30-11.15	Total Tone	Studio 7	Robert
11.30-12.15	Power Cycle	Studio 3	Robert

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

Revelate: Members/Students: €8 Non-Member: €14.00

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 to start a class.
- Participants must check in with instructors 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.