

From September 14th



Mardyke Arena
UNIVERSITY COLLEGE CORK

MONDAY	CLASS	STUDIO	INSTRUCTOR
06.45-07.30	Hybrid X	Blue Gym	Aga
07.45-08.30	Reformer PAYG**€	Studio 2	Cornelia
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	Pilates Barre €	Studio 7	Dereck
18.30-19.15	Slow Flow- Yoga €	Studio 5	Marion
19.30-20.15	Dance with Dereck	Studio 7	Dereck
19.30-20.15	Yin & Yang -Yoga €	Studio 5	Marion
TUESDAY	CLASS	STUDIO	INSTRUCTOR
07-7.45	Vinyasa Yoga €	Studio 5	Joanne
09.30-10.15	Aqua Aerobics	Pool	Aga
09:30-10:15	Hybrid X	Blue Gym	Cillian
13.10-13.55	Lunchtime Cycle	Studio 3	Megan
17.30-18.15	Core Sculpt	Studio 7	Ronan
18.30-19.15	Total Tone	Studio 7	Maeve
19.00-19.45	RPM- Wheelspin	Studio 3	Chiara
19.30-20.15	Mat Pilates €	Studio 5	Maeve
WEDNESDAY	CLASS	STUDIO	INSTRUCTOR
07.00-07.45	Sunrise Flex	Studio 7	Mary
09.30-10.15	Hybrid X	Blue Gym	Conor
12.10-12.55	Mat Pilates €	Studio 5	Dereck
13.10-13.55	Lunchtime Cycle	Blue Gym	Adam
17.30-18.15	Booty Sculpt Extra	Studio 1	Aga
17.45-18.30	HITT	Studio 7	Roisin
18.30-19.15	Power Cycle	Studio 3	Chiara
19.00-19.30	Core Sculpt	Studio 1	Roisin

**MAIN STUDIO
SCHEDULE**



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THURSDAY	CLASS	STUDIO	INSTRUCTOR
07.00-07.45	Sunrise Spin	Studio 3	Maeve
09.30-10.15	Aqua Aerobics	Pool	Aga
09.30-10.15	Pilates Barre €	Studio 7	Dereck
12:20-13:05	Yoga €	Studio 5	Joanne
13.10-13.55	Lunchtime Cycle	Studio 3	Jake
18.00-18.45	Zumba €	Studio 7	Karen
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	CLASS	STUDIO	INSTRUCTOR
07.00-07.45	Total Tone	Studio 7	Mary
09.45-10.30	Yoga €	Studio 7	Claudia
13.10-13.55	Lunchtime Cycle	Studio 3	Brid
SATURDAY	CLASS	STUDIO	INSTRUCTOR
09:30-10:15	Hybrid X	Blue Gym	Conor
10.00-10.45	HITT	Studio 7	Roisin
11.00-11.45	20:20	Studio 7	Roisin
10.30-11.30	Teen Gym € (12- 16yrs)	Blue Gym	Rodolfo

**MAIN STUDIO
SCHEDULE**

Studio Classes- Please Bring a mat.
Members: €5.00
Students: Free/ Students €: €5
Non Members €12

Reformers- Grip Socks compulsory
Members/Students €15
Non Members €20

**Bookings Open 48 Hrs Before Each
Session on the Mardyke Arena App**