



Mardyke Arena

UNIVERSITY COLLEGE CORK

March 2nd

MONDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Total Tone	Studio 7	Arnolda
13.10-13.55	Lunchtime Cycle	Studio 3	Ronan
17.00-17.45	Kettlebells	Studio 7	Aga
18.00-18.45	Sculpt & Burn	Studio 7	Aga
18.00-18.45	Dance Fit	Studio 1	Olga
18.00-18.45	Spin	Studio 3	Diego
19.00-20.00	Yoga for Beginners	Studio 7	Diego

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 7	Olga
18.00-18.45	Spin	Studio 3	Adam
18.30-19.15	Stretch & Flex	Studio 7	Olga
19.30-20.30	Ashtanga Yoga	Studio 7	Diego

WEDNESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Sunrise Flex	Studio 7	Mary
09.30-10.15	Total Tone	Studio 7	Sinead
13.10-13.55	Lunchtime Cycle	Studio 3	Brid
18.00-18.45	Spin	Studio 3	Robert
18.30-19.15	HIIT	Studio 1	Adam
19.30-20.15	Spin	Studio 3	Adam
19.30-20.30	Hatha Yoga	Studio 7	Diego

THURSDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Ashtanga Yoga	Studio 7	Joy
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 1	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 7	Mary
09.45-10.30	Yoga	Studio 7	Claudia
13.10-13.55	Lunchtime Cycle	Studio 3	Brid
18.30-19.15	Sculpt & Burn	Studio 1	Aoife
19.15-20.00	Step N Tone	Studio 7	Jake

SATURDAY

TIME	CLASS	STUDIO	INSTRUCTOR
09.30-10.15	FitBall	Studio 1	Olga
10.30-11.15	Sunrise Flex	Studio 7	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 -

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.

