



Mardyke Arena

UNIVERSITY COLLEGE CORK

Summer Studio Schedule

Updated June 20th

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 |
| 18.30-19.15 | Pilates Fusion | Studio 7 | Maeve |
| 19.30-20.15 | Power Cycle | Studio 3 | 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 |
| 12.20-13.05 | Slow Flow - Yoga | Studio 5 | Joanne |
| 13.10-13.55 | Lunchtime Cycle | Studio 3 | Adam |
| 18.30-19.15 | Power Cycle | Studio 3 | Maeve |
| 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