



Mardyke Arena
UNIVERSITY COLLEGE CORK

ENERGISE YOUR LIFE PROGRAMME Older Adults 55yrs+

MONDAY

TIME	CLASS	STUDIO	INSTRUCTOR
09.40-10.25	Reformer	Studio 2	Cornelia
10.30-11.10	Hybrid Gold	Blue Gym	Jake
11.15-12.00	Stretch & Tone	Studio 7	Jake

TUESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
09.40-10.25	Reformer	Studio 2	Gillian
10.30-11.10	Zumba*	Studio 7	Karen
11.15-12.00	Hybrid Gold	Blue Gym	Glenn

WEDNESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
09.30-10.15	Reformer	Studio 2	Brid
10.30-11.15	Functional Training	Studio 7	Glenn
10.20-11.05	Mat Pilates	Studio 5	Dereck
11.15-12.00	Mat Pilates	Studio 5	Dereck

THURSDAY

TIME	CLASS	STUDIO	INSTRUCTOR
09.40-10.25	Reformer	Studio 2	Megan
10.30-11.15	Total Fitness	Studio 7	Adam
11.20-12.05	Yoga	Studio 5	Joanne