

**ENERGISE YOUR LIFE PROGRAMME**

**MONDAY**

| <b>TIME</b> | <b>CLASS DESCRIPTION</b>                | <b>STUDIO</b> | <b>INSTRUCTOR</b> |
|-------------|---|---------------|-------------------|
| 10.00-11.15 | Aerobics<br>Stretch & Tone<br>Yoga Flow | Studio 7      | Arnolda           |

**TUESDAY**

| <b>TIME</b> | <b>CLASS DESCRIPTION</b>      | <b>STUDIO</b> | <b>INSTRUCTOR</b> |
|-------------|-------------------------------|---------------|-------------------|
| 10.00-11.15 | Strength & Tone<br>Core Blast | Studio 7      | Gillian           |

**WEDNESDAY**

| <b>TIME</b> | <b>CLASS DESCRIPTION</b>     | <b>STUDIO</b> | <b>INSTRUCTOR</b> |
|-------------|------------------------------|---------------|-------------------|
| 10.00-11.15 | Legs Bums Tums<br>Core Blast | Studio 7      | Sinead            |

**THURSDAY**

| <b>TIME</b> | <b>CLASS DESCRIPTION</b>     | <b>STUDIO</b> | <b>INSTRUCTOR</b> |
|-------------|------------------------------|---------------|-------------------|
| 10.00-11.15 | Dyno /Strength<br>Core-blast | Studio 7      | Cornelia          |

Classes must be pre booked on the Mardyke Arena UCC app, available up to 36hour before the class starts. \* Participants must present their Vaccination Certificate before entry to the studio. \*Mats are not provided. \* If you are new to exercise, we advise you to check with your General Practitioner for clearance before commencing any Physical Activity. Please arrive on time, as later comers will not be accommodated.

**Price: Member- €4.00, Non-Member- €7.00**

