



# Mardyke Arena

UNIVERSITY COLLEGE CORK

Jan 2025

## Monday

07.10-07.55	Revelate	Blue Gym	Gillian
10.30-11.10	Revelate Gold	Blue Gym	Gillian
18.00 -18.45	Revelate	Blue Gym	Jake
19.00 -19.45	Revelate	Blue Gym	Jake

## Tuesday

10.30 -11.10	Revelate Gold	Blue Gym	Ronan
18.00 -18.45	Revelate	Blue Gym	Jake
19.00 -19.45	Revelate	Blue Gym	Glenn



45-minute Cardio Workout across the BIKE< ROW< SKI erg, set your own pace and track your progress on the Revelate app

## Wednesday

11.00-11.45	Revelate	Blue Gym	Brid
18.00 -18.45	Revelate	Blue Gym	Adam
19.00 -19.45	Revelate	Blue Gym	Adam

## Thursday

18.00 -18.45	Revelate	Blue Gym	Jake
19.00 -19.45	Revelate	Blue Gym	Jake

## Friday

17.45-18.30	Revelate	Blue Gym	Sinead
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Revelate: Members/Students: €8 Non-Member: €14.00

Revelate Gold 55yrs+: Members €7.50/ Non-Members €10.50