



## Mardyke Arena

UNIVERSITY COLLEGE CORK

### MONDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Total Tone	Studio 8	Arnolda
09.45-10.30	Step and Tone	Studio 8	Kelly
13.10-13.55	Indoor Cycling	Studio 3	Arnolda
17.30-18.15	Kettlebells	Studio 8	Darren
18.30-19.15	Legs, Bums & Tums	Studio 8	Aga

### TUESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Power Core	Studio 8	Darren
09.45-10.30	Legs, Bums, Tums	Studio 8	Aga
10.45-11.30	Zumba	Studio 8	Arnolda
13.10-13.55	Indoor Cycling	Studio 3	Sinead
17.30-18.15	Boxercise	Studio 8	Kathleen Nora
18.30-19.15	Step & Tone	Studio 8	Kathleen Nora

### WEDNESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Total Tone	Studio 8	Sinead
09.45-10.30	Pilates- General Level	Studio 8	Claire
13.10-13.55	Indoor Cycling	Studio 3	Sinead
17.30-18.15	Zumba	Studio 8	Arnolda
18.30-19.15	Legs, Bums & Tums	Studio 8	Darren

### THURSDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Yoga Flow	Studio 8	Arnolda
09.45-10.30	Kettle Bells	Studio 8	Kelly
13.10-13.55	HIIT	Studio 8	Ronan
17.30-18.15	Power Core	Studio 8	Sinead
18.30-19.15	Indoor Cycling	Studio 3	Sinead

### FRIDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Kettlebells	Studio 8	Darren
13.10-13.55	Indoor Cycling	Studio 3	Darren
17.30-18.15	Step & Tone	Studio 8	Jake
18.30-19.15	HIIT	Studio 8	Jake

*\*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. All classes will start on time and there will be a 5-minute grace period. Access will be denied after this time. Price: UCC Student- FREE, Member- €4, Non-Member- €8.*