



Mardyke Arena
UNIVERSITY COLLEGE CORK

Summer

ENERGISE YOUR LIFE PROGRAMME - 2022

TUESDAY

TIME	CLASS DESCRIPTION	STUDIO	INSTRUCTOR
09.10-09.55	Reformer Pilates**	Studio 2	Gillian
10.00-11.15	10/10/10 Stretch & Tone	Studio 7	Brid Gillian

THURSDAY

TIME	CLASS DESCRIPTION	STUDIO	INSTRUCTOR
09.10-09.55	Reformer Pilates**	Studio 2	Deirdre
10.00	Strength & Tone	Studio 7	Cornelia
10.30-11.15	Aerobic Dance Yoga Flow		Arnolda

Classes must be pre booked on the Mardyke Arena UCC app, available up to 36hour before the class starts. 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.

Price: Member- €4.00/ Non-Member- €7.00

Reformer Pilates: Members €6.00 /Non Members €10