



# Mardyke Arena

UNIVERSITY COLLEGE CORK

## MONDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Total Tone	Studio 8	Arnolda
09.20-10.05	HIIT	Studio 8	Darren
13.10-13.55	Indoor Cycling	Studio 3	Arnolda
<b>17.00-17.45</b>	<b>Reformer Pilates**</b>	<b>Studio 2</b>	<b>Deirdre</b>
17.30-18.15	Kettlebells	Studio 8	Aga
18.30-19.15	Legs, Bums & Tums	Studio 8	Aga

## TUESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Power Core	Studio 8	Kelly
09.20-10.05	Aqua Aerobics	Pool	Aga
13.10-13.55	Indoor Cycling	Studio 3	Sinead
17.30-18.15	Boxercise	Studio 8	Kathleen Nora
18.00-18.45	Yoga	Studio 7	Claudia
19.00-19.45	Indoor Cycling	Studio 7	Claudia

## WEDNESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Total Tone	Studio 8	Sinead
09.20-10.05	Pilates- General Level	Studio 8	Claire
13.10-13.55	Indoor Cycling	Studio 3	Sinead
<b>17.00-17.45</b>	<b>Reformer Pilates **</b>	<b>Studio 2</b>	<b>Gillian</b>
17.30-18.15	Zumba	Studio 8	Arnolda
18.00-18.45	Begin to Spin	Studio 3	Aga
18.30-19.15	HITT	Studio 8	Arnolda



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## THURSDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Yoga Flow	Studio 8	Arnolda
<b>07.30-08.15</b>	<b>Reformer Pilates**</b>	<b>Studio 2</b>	<b>Kelly</b>
09.20-10.05	Aqua Aerobics	Pool	Arnolda
10.00-10.45	Yoga	Studio 1	Claudia
13.10-13.55	Indoor Cycling	Studio 3	Megan
17.30-18.15	Indoor Cycling CBC	Studio 3	Rob
18.00-18.45	Power Core	Studio 8	Sinead
18.30-19.15	Begin to Spin	Studio 3	Rob

## FRIDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Kettlebells	Studio 8	Darren
09.20-10.05	Legs Bums & Tums	Studio 8	Brid
13.10-13.55	Indoor Cycling	Studio 3	Darren
17.30-18.15	Step & Tone	Studio 8	Kathleen Nora
18.30-19.15	Boxercise	Studio 8	Sinead

\*Classes must be pre booked on the Mardyke Arena UCC app, available up to 36hour before the class starts. \*Mats are not provided, Please bring your own. Available to purchase at reception. 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.**

**\*\* Class rate €12-All Membership types**