



# Mardyke Arena

UNIVERSITY COLLEGE CORK

## MONDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Total Tone	Studio 8	Kelly
09.30-10.15	HIIT	Studio 8	Arnolda
13.10-13.55	Lunchtime Cycle	Studio 3	Darren
17.30-18.15	Kettlebells	Studio 8	Aga
18.00-18.45	Yoga for beginners	Studio 7	Lisa
18.30-19.15	Legs, Bums & Tums	Studio 8	Aga
19.00-19.45	Coach by Colour-Spin	Studio 3	Megan

## TUESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Power Core	Studio 8	Brid
09.30-10.15	Aqua Aerobics	Pool	Aga
09.45-10.30	Legs, Bums, Tums	Studio 8	Olga
13.10-13.55	Lunchtime Cycle	Studio 3	Sinead
17.30-18.15	Legs, Bums, Tums	Studio 8	Olga
18.00-18.45	20/20	Studio 7	Kaitlyn
18.30-19.15	Stretch & Flex	Studio 8	Olga
19.00-19.45	Coach by Colour- Spin	Studio 3	Claudia
19.00-19.45	Hatha Yoga	Studio 4	Diego
20.00-20.45	Yoga- Mixed Levels	Studio 8	Claudia

## WEDNESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Sunrise Flex	Studio 8	Mary
09.30-10.15	Total Tone	Studio 1	Kaitlyn
13.10-13.55	Lunchtime Cycle	Studio 3	Kaitlyn
17.30-18.15	Legs Bums & Tums	Studio 1	Eimear
18.00-18.45	Zumba	Studio 8	Arnolda
18.30-19.15	HIIT	Studio 1	Eimear
19.00-19.45	My Ride- Spin	Studio 3	Arnolda
19.30-20.15	Ashtanga Yoga	Studio 7	Diego
20.00-20.45	SWEAT	Studio 8	Arnolda

## THURSDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Yoga Flow	Studio 8	Arnolda
09.30-10.15	Aqua Aerobics	Pool	Aga
09.30-10.15	SWEAT	Studio 7	Arnolda
13.10-13.55	Lunchtime Cycle	Studio 3	Megan
17.30-18.15	Total Tone	Studio 1	Olga
18.00-18.45	HIIT	Studio 8	Brid
18.30-19.15	Step & Tone	Studio 7	Olga
19.00-19.45	Begin to Spin/FTW	Studio 3	Rob



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## FRIDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Sunrise Flex	Studio 8	Mary
09.30-10.15	Total Tone	Studio 8	Mary
09.45-10.30	Yoga	Studio 1	Claudia
13.10-13.55	Lunchtime Cycle	Studio 3	Darren
17.30-18.15	Step & Tone	Studio 8	Sinead
18.30-19.15	Total Tone	Studio 8	Sinead

## SATURDAY

TIME	CLASS	STUDIO	INSTRUCTOR
09.15-10.00	Power Core Ball	Studio 1	Olga
10.15-11.00	Pilates Fusion	Studio 1	Olga

Price: UCC Student- FREE, Member- €4.50, Non-Member- €9. Lunchtime cycle Free to members -

Starting Date: 6/1/23

### NOTICE

- Classes must be pre booked on the Mardyke Arena UCC app, available up to 48hour before the class starts.
- Participants must check in with instructor prior to commencing all classes.
- Mats are not provided. Please bring a mat with you
- All classes will start on time and there will be a 5-minute grace period- Instructor will have the right to denied access after this time.
- If you need to cancel, please do so up to 1 hour before the class.