UCD Sport & Fitness

M Private Member Class Access

S Student Member Class Access

CLASS TIMES

8th January - 5th May 2024

All classes are subject to change

MONDAY

Time	Class	Type	Length	Studio
06:30	Les Mills Bodypump	M	45 Mins	2
06:30	Les Mills RPM	M S	45 Mins	1
09:30	Aquafit	M	45 Mins	Pool
09:30	Les Mills Bodypump	M	45 Mins	2
10:10	Les Mills RPM	M S	45 Mins	1
11:10	Pilates (Beg)	M	45 Mins	2
12:10	Arms & Abs	M S	30 Mins	3
12:10	Les Mills Bodypump	M S	45 Mins	2
13:10	Pilates (Beg)	M	45 Mins	2
13:10	Les Mills SPRINT	M S	30 Mins	1
17:15	Les Mills Core	M S	30 Mins	2
18:15	Les Mills Bodypump	M	60 Mins	2
19:15	Kettlebells / HIIT Training	M	35 Mins	3
19:30	Yoga (Int)	M	45 Mins	2
19:35	Les Mills SPRINT	M S	30 Mins	1

TUESDAY

Time	Class	Type	Length	Studio
06:30	TRX / HIIT Training	M S	35 Mins	Team Gym
06:30	Pilates (Int)	M	45 Mins	2
07:05	Les Mills RPM	M S	45 Mins	1
07:45	Les Mills Core	M S	30 Mins	2
09:15	Les Mills Core	M S	30 Mins	2
10:05	Les Mills Bodypump	M	45 Mins	2
11:05	Yoga (Int)	M	45 Mins	2
12:10	Les Mills SPRINT	M S	30 Mins	1
13:10	Les Mills RPM Express	M S	35 Mins	1
13:10	TRX / HIIT Training	M S	35 Mins	Team Gym
18:15	Les Mills RPM	M S	45 Mins	1
18:30	Les Mills Core	M S	30 Mins	2
18:30	UCD BoxFit	M	45 Mins	3
19:15	Pilates (Int)	M	45 Mins	2
19:35	Les Mills Bodybalance	M S	45 Mins	3
20:00	Hydroburn	M S	45 Mins	Pool
20:15	Les Mills Bodypump	M	45 Mins	2

WEDNESDAY

Time	Class	Type	Length	Studio
06:30	UCD BoxFit	M S	45 Mins	3
07:05	Les Mills Grit Strength	M S	30 Mins	2
09:15	Les Mills Bodypump	M S	45 Mins	2
09:30	Aquafit	M	45 Mins	Pool
09:30	Pilates (Beg)	M	45 Mins	3
10:10	Les Mills SPRINT	M S	30 Mins	1
11:10	Les Mills Bodypump	M	45 Mins	2
12:10	Les Mills RPM	M S	45 Mins	1
12:10	Les Mills Bodybalance	M	45 Mins	2
13:10	Pilates (Int)	M	45 Mins	3
13:10	Les Mills Bodypump Exp	M S	30 Mins	2
18:15	Les Mills Bodypump	M	45 Mins	2
18:45	Les Mills SPRINT	M S	30 Mins	1
19:15	Les Mills Bodypump	M S	45 Mins	2
20:10	Les Mills RPM Express	M S	35 Mins	1
20:15	Yoga (Beg)	M	45 Mins	2

THURSDAY

Time	Class	Type	Length	Studio
06:30	Les Mills SPRINT	M S	30 Mins	1
07:10	Les Mills Core	M S	30 Mins	2
09:15	UCD BoxFit	M S	45 Mins	3
09:30	Les Mills Bodypump	M	45 Mins	2
09:30	Les Mills RPM	M S	45 Mins	1
10:30	Yoga (Int)	M	45 Mins	2
12:10	Les Mills Bodypump	M	45 Mins	2
13:10	Kettlebells / HIIT Training	M S	35 Mins	3
13:10	Yoga (Beg)	M	45 Mins	2
17:15	Les Mills Core	M S	30 Mins	2
18:15	Les Mills Grit Strength	M S	30 Mins	2
18:30	Les Mills RPM	M S	45 Mins	1
19:15	Yoga (Beg)	M	45 Mins	3
19:15	Les Mills Bodypump	M	45 Mins	2
20:15	Pilates (Int)	M	45 Mins	2

FRIDAY

Time	Class	Type	Length	Studio
06:30	Les Mills Bodypump	M	45 Mins	2
07:05	Les Mills RPM	M S	45 Mins	1
09:15	Les Mills Core	M S	30 Mins	2
10:00	Aquafit	M	45 Mins	Pool
10:05	Les Mills Bodypump	M	45 Mins	2
10:45	Les Mills SPRINT	M S	30 Mins	1
11:10	Les Mills Bodypump	M S	45 Mins	2
12:10	Les Mills Bodybalance	M S	45 Mins	2
13:10	Les Mills Bodypump Exp	M	30 Mins	2
13:10	Les Mills SPRINT	M S	30 Mins	1
18:15	Les Mills Bodypump	M S	45 Mins	2
18:30	Pilates (Int)	M S	45 Mins	3
19:15	Les Mills RPM Express	M S	35 Mins	1

SATURDAY

Time	Class	Type	Length	Studio
09:15	Pilates (Int)	M	45 Mins	3
09:30	Les Mills Bodypump	M	60 Mins	2
11:05	Yoga (Beg)	M	45 Mins	2
11:10	Les Mills SPRINT	M S	30 Mins	1
12:05	Les Mills Bodybalance	M	45 Mins	2
12:10	TRX / HIIT Training	M S	35 Mins	Team Gym
13:15	Les Mills RPM	M S	45 Mins	1
14:10	Pilates (Beg)	M	45 Mins	2
16:10	Les Mills Bodypump Exp	M	30 Mins	2

SUNDAY

Time	Class	Type	Length	Studio
09:15	Les Mills Core	M S	30 Mins	2
09:30	Yoga (Int)	M	45 Mins	3
10:10	Les Mills Bodypump	M	45 Mins	2
10:15	Les Mills RPM	M S	45 Mins	1
12:05	Les Mills Bodypump	M S	45 Mins	2
12:10	Les Mills RPM	M S	45 Mins	1
14:15	Pilates (Int)	M	45 Mins	3
16:10	Les Mills RPM Express	M S	35 Mins	1

Class bookings open 15 minutes before start time. Bookings can be made online at Sport & Fitness website.