



UCD Sports Centre

10 Week Fitness Course Timetable

September - December 2013

Monday*	Class	Instructor	Studio	
6.05pm-6.55pm	Yoga All Levels	Fiona	1	<i>Suitable for all levels</i>
Tuesday	Class	Instructor	Studio	
6.05pm-6.55pm	Pilates Improvers	Doreen	1	<i>Not suitable for Beginners</i>
Wednesday	Class	Instructor	Studio	
5.10pm-5.55pm	Yoga Pilates Fusion	Suzi	1	<i>Suitable for all levels</i>
Thursday	Class	Instructor	Studio	
1.05pm-1.55pm	Pilates All Levels	Isobel	1	<i>Suitable for all levels</i>
Saturday**	Class	Instructor	Studio	
11am-11.45am	Zumba toning	Siobhan	1	<i>Suitable for all levels</i>

Course Dates Week of September 23rd - Week of November 25th 2013

*Due to Bank Holiday Monday October 28th 2013, the Monday course will have a 9 week Duration.

**Saturday Course Dates September 28th - November 30th

Days Applicable	Prices	UCD Students	UCD Staff	Public	Drop in * If spaces are available
Tue/Wed/Thurs	10 Week Courses	€60	€70	€90	€10
Mon	9 Week Course	€54	€63	€81	€10
Saturday - Zumba	10 Week Course	€50	€50	€50	€7

How our courses work:

**Our prices cover one class at the same time each week so when booking please specify Day, Time and Class*

**Our courses do not permit swapping from classes during the course of the 10 weeks*

UCD Sports Centre, Belfield, Dublin 4.

Tel: 01 716 2145/2185

Web: www.ucd.ie/sport/facilities

www.facebook.com/UCDSportCentreFacilities