



UCD Sports Centre Belfield, Dublin 4 Tel: 01 7162145

Email: Fitnessclasses@ucd.ie



www.facebook.com/ucdsportscentre www.ucd.ie/sport/fitnesclasses

Our Yoga & Pilates Courses will resume September 2011,If you would like to join our mailing list to keep up to date with all Timetables and Registration details please email <u>fitnessclasses@ucd.ie.</u>





For further information please contact UCD Sport Centre Reception Tel 01 - 7162145





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## Pay As you go Classes Fitness Classes

(Ongoing - Out of term)

Monday				
6pm-7pm	Boxercise	Myfanwy	€3.00	
7pm-8pm	Circuit Training	Barry	€4.00	
Tuesday				
6pm-7pm	Aerobics	Myfanwy	€2.00	
6pm-7pm	<b>Outdoor Circuits</b>	Barry	€4.00	
Wednesday	1			
7pm-8pm	Circuit Training	Barry	€4.00	

Full Fitness Class timetable will resume September 12th 2011



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