

STUDENT CLASS TIMES

JANUARY 12TH - 26TH APRIL 2015

TIME	CLASS	LENGTH	STUDIO
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MONDAY

8.00	Pilates (beg)	45min	2
12.10	Core N Tone	35min	Hall A
13.10	Body & Mind *	45min	Hall B
14.10	TRX Fusion *	45min	Team G.
16.10	Body & Mind *	45min	Hall A
17.05	Body Cut	45min	2
17.05	Spin	45min	1
18.10	Circuits *	45min	Hall B
18.15	TRX Fusion *	45min	Team G.
19.10	Core N Tone *	35min	Hall A
21.00	Body & Mind *	45min	2

TUESDAY

8.00	Kettle Bells	30min	2
12.10	Core N Tone *	35min	Hall B
13.10	Body & Mind *	45min	Hall A
14.10	Zuu Training	20min	Hall B
16.10	Spin *	45min	1
17.05	Body Cut	45min	2
17.10	Circuits *	45min	Hall B
18.10	Yoga (beg) *	45min	Hall A
21.10	Spin	45min	1

WEDNESDAY

8.00	Body Cut	45min	2
12.10	TRX Fusion (beg) *	45min	Team G
13.10	Circuits *	45min	Hall B
13.10	Spin *	35min	1
14.10	Core N Tone *	35min	Hall B
16.10	Spin	45min	1
17.05	Kettle Bells	30min	2
18.10	Core N Tone *	35min	Hall B
19.10	Body & Mind *	45min	Hall A

TIME	CLASS	LENGTH	STUDIO
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THURSDAY

8.00	Body & Mind *	45min	2
12.10	Spin *	35min	1
14.10	Core N Tone	35min	Hall A
16.10	Body Cut	45min	2
17.05	Spin *	45min	1
17.10	Body & Mind *	45min	2
20.45	Spin *	45min	1

FRIDAY

8.00	Spin *	35min	1
12.10	Core N Tone *	35min	Hall A
13.10	Spin *	35min	1
14.10	Body Cut *	45min	2
15.10	Pilates *	45min	2
16.10	Cardio Box	45min	2

SATURDAY

12.00	Spin	45min	1
13.00	Body Cut *	45min	2
14.00	Spin *	45min	1
15.00	Circuits *	45min	2

SUNDAY

10.00	Combat Base *	45min	1
11.00	Body Cut	45min	2
12.00	Spin *	45min	1
14.10	Body & Mind	45min	2

* Sport & Fitness Members & Students



PLEASE NOTE

Students must register at reception desk 15 min before every class. Members must register at main reception 15 min before the classes with an *.

All Classes are subject to change

UCD Sport & Fitness T: 01 716 3800 E: gym@ucd.ie W: www.ucd.ie/sportandfitness