



UCD Sport
& Fitness
CLASSES

Time	Class	Length	Studio
MONDAY			
6.30	Spin	45min	1
6.40	Rip Trainer	35min	2
7.20	Abs Class	15min	2
8.10	Body & Mind *	45min	2
9.30	Spin *	45min	1
10.00	Body Cut	45min	2
12.10	Spin *	35min	1
13.10	Core N Tone	35min	2
16.15	Spin *	45min	1
17.05	Body Cut *	45min	2
18.15	Spin	45min	1
18.15	TRX Fusion *	45min	Team G
19.05	Body Cut	45min	2
19.15	Combat Base *	45min	Hall A
20.05	Yoga (beg)	45min	2
20.45	Spin	45min	1

Time	Class	Length	Studio
TUESDAY			
6.30	Body Cut	45min	2
7.20	Abs Class	15min	2
8.10	Kettle Bells *	30min	2
9.30	Body Cut *	45min	2
10.00	Spin *	45min	1
12.05	Pilates (beg)	45min	2
13.10	Spin *	35min	1
16.15	Body Cut *	45min	2
18.15	Body Cut	45min	2
18.15	TRX Fusion *	45min	Team G
19.05	Spin	45min	1
19.10	Yoga (beg)	45min	2
20.00	Spin (beg)	30min	1
20.05	Cardio Box	45min	Team G
20.10	Pilates (Int) *	45min	2

Time	Class	Length	Studio
WEDNESDAY			
6.45	Circuits	45min	2
8.10	Body Cut *	45min	2
9.30	Spin *	45min	1
10.00	Salsa *	45min	2
12.05	Yoga (beg)	45min	2
13.10	Kettle Bells	30min	2
16.15	Spin *	45min	1
17.10	Pilates (beg) *	45min	2
18.15	Spin	45min	1
18.15	Body Cut	45min	2
19.10	Pilates (Int.)	45min	2
19.15	TRX Fusion	45min	Team G
20.10	Body Cut	45min	2
21.10	Body & Mind *	45min	2

Time	Class	Length	Studio
THURSDAY			
7.00	Pilates (Int.)	45min	2
8.10	Circuits *	45min	2
9.30	Body Cut	45min	2
10.00	Spin *	45min	1
12.05	Pilates (beg)	45min	2
16.15	Body Cut *	45min	2
18.15	Body Cut *	45min	2
18.15	Spin	45min	1
18.15	TRX Fusion	45min	Team G
19.05	Body Cut	45min	2
19.15	Spin	45min	1
20.00	Kettle Bells	30min	2

Time	Class	Length	Studio
FRIDAY			
6.30	Spin	45min	1
6.45	Kettle Bells	30min	2
7.20	Abs Class	15min	2
9.30	Spin *	45min	1
10.00	Yoga (beg)	45min	2
12.05	Pilates (beg)	45min	2
13.10	Spin *	45min	1
15.10	Pilates (int) *	45min	2
18.05	Spin	45min	1
18.20	Kettle Bells	30min	2
19.00	Body Cut	45min	2
19.50	Abs Class	15min	2

Time	Class	Length	Studio
SATURDAY			
10.15	Spin	45min	1
10.00	Yogalates	45min	2
11.05	Body Cut	45min	2
12.00	Yoga (beg)	45min	2
12.10	Combat base *	45min	1
14.00	Spin *	45min	1
14.00	Circuits *	45min	2

Time	Class	Length	Studio
SUNDAY			
9.15	Body & Mind *	45min	2
10.10	Combat Base *	45min	2
11.00	Endurance Spin	60min	1
12.05	Abs Class	15min	2
12.30	Body & Mind	45min	2

* Members and Student Members

PLEASE NOTE:

Members must register at gym desk 15min before every class

Students must register at reception 15min before every class

All classes on this timetable without an * are €6 per class for students.

Please always carry a towel when attending the gym and fitness classes

All Classes are subject to change

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