UCD Sport & Fitness

CLASS TIMES

6th January to 4th May 2025

All classes are subject to change

MONDAY

Time	Class	Type	Length	Studio
06:30	Les Mills Bodypump	M S	45 mins	2
06:30	Les Mills RPM	M S	45 mins	1
09:30	Les Mills Bodypump	M	45 mins	2
09:30	AquaFit	M	45 mins	Pool
10:10	Les Mills RPM	M S	45 mins	1
11:05	Pilates (Beg)	M	45 mins	2
12:05	Arms & Abs	M S	30 mins	3
13:15	Pilates (Beg)	M	45 mins	2
17:15	LM Core	M S	30 mins	2
18:15	Les Mills Bodypump	M	45 mins	2
18:30	UCD BoxFit	M S	45 mins	3
19:30	Yoga (Int)	M	45 mins	3
19:35	Les Mills Sprint	M S	30 mins	1

TUESDAY

Time	Class	Type	Length	Studio
06:30	Pilates (Int)	M	45 mins	2
07:05	Les Mills RPM	M S	45 mins	1
07:15	TRX / HIIT	M S	35 mins	Team Gym
09:15	Les Mills Core*	M S	30 mins	2
10:10	Les Mills Bodypump	M	45 mins	2
11:10	Yoga (Beg)	M	45 mins	2
13:10	Les Mills RPM Exp	M S	35 mins	1
17:15	Pilates (Beg)	M S	45 mins	2
18:30	Les Mills Core	M S	30 mins	2
19:15	Les Mills Bodypump	M	45 mins	2
19:15	Pilates (Int)	M	45 mins	3
20:00	Hydroburn	M S	45 mins	Pool
20:15	Yoga (Int)	M S	45 mins	2

WEDNESDAY

Time	Class	Type	Length	Studio
07:05	Les Mills Grit Strength	M S	30 mins	2
09:15	Les Mills Bodypump	M S	45 mins	2
09:30	Pilates (Beg)	M	45 mins	3
09:30	AquaFit	M	45 mins	Pool
11:10	Les Mills SPRINT	M S	30 mins	1
12:10	Les Mills Bodybalance	M S	45 mins	2
13:10	TRX / HIIT	M S	35 mins	Team Gym
17:15	Les Mills Core	M S	30 mins	2
18:15	Les Mills Bodypump	M	45 mins	2
18:30	Les Mills RPM	M S	45 mins	1
19:05	Pilates (Beg)	M S	45 mins	3
20:10	Les Mills RPM Exp	M S	35 mins	1

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	Yoga (Advanced)	M	60 mins	2
10:10	Les Mills RPM	M S	45 mins	1
11:05	Les Mills Bodypump	M	45 mins	2
12:10	Pilates (Beg)	M	45 mins	3
13:10	Les Mills Bodypump Express	M	30 mins	2
13:10	Pilates (Int)	M S	45 mins	3
18:45	Les Mills Sprint	M S	30 mins	1
19:05	Yoga (Beg)	M S	45 mins	3
19:15	Les Mills Bodypump	M	60 mins	2

FRIDAY

Time	Class	Type	Length	Studio
06:30	Les Mills Bodypump	M S	45 mins	2
07:05	Les Mills RPM	M S	45 mins	1
09:15	Les Mills Core	M	30 mins	2
10:00	Aquafit	M	45 mins	Pool
10:10	Les Mills Bodypump	M	45 mins	2
11:10	Les Mills SPRINT	M S	45 mins	1
12:10	Les Mills Bodybalance	M S	45 mins	2
13:10	Yoga (Int)	M	45 mins	2
13:10	Les Mills SPRINT	M S	30 mins	1
17:15	Pilates (Beg)	M S	45 mins	3
18:15	Les Mills Bodypump	M S	45 mins	2
19:15	Les Mills RPM Exp	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
10:10	Les Mills RPM	M S	45 mins	1
12:10	Yoga (Beg)	M	45 mins	2
13:15	Les Mills Bodypump	M S	45 mins	2
14:15	Pilates (Beg)	M S	45 mins	2

SUNDAY

Time	Class	Type	Length	Studio
09:15	Les Mills Core	M	30 mins	2
09:30	Les Mills Sprint	M S	30 mins	1
11:10	Les Mills Bodypump	M	45 mins	2
13:10	Les Mills RPM	M S	45 mins	1
13:15	Pilates (Beg)	M S	45 mins	2
16:10	Les Mills Bodypump	M S	45 mins	2

M Private Member Class Access

S Student Member Class Access

For the fastest class booking
Get the App
Scan Me

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