

# UCD STUDENT CLASS TIMES

19th January to 22nd March 2026

All classes are subject to change

Time	Class	Type	Length	Studio
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## MONDAY

11:15	SWEAT	● ●	45 mins	Team Gym
11:45	Les Mills RPM	● ●	45 mins	1
13:05	Pilates (Beg)	●	45 mins	3
16:15	Les Mills Bodypump	●	45 mins	3
17:15	Yoga (Int)	●	45 mins	3

## TUESDAY

12:10	Les Mills Bodypump	●	45 mins	VILLAGE ST2
13:10	Pilates (Int)	●	45 mins	VILLAGE ST2
16:10	SWEAT	● ●	45 mins	Team Gym
19:05	Yoga (Beg)	●	45 mins	3

## WEDNESDAY

12:10	Strength Development	● ●	45 mins	2
14:10	Yoga (Int)	●	45 mins	VILLAGE ST2
16:10	Les Mills Bodypump	●	45 mins	3
17:15	Les Mills Shapes	● ●	45 mins	2
19:15	Les Mills Grit Strength	● ●	30 mins	2

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## THURSDAY

07:05	Les Mills Core	● ●	30 mins	2
10:15	Les Mills Bodypump	●	45 mins	3
16:15	LM Strength Development	● ●	45 mins	2
17:15	Les Mills Sprint	● ●	30 mins	1
18:15	Les Mills Bodybalance	● ●	45 mins	3

## FRIDAY

07:50	Les Mills Bodypump	●	45 mins	3
12:10	Les Mills RPM	● ●	45 mins	1
13:10	SWEAT	● ●	35 mins	TEAM GYM
14:10	Pilates (Beg)	●	45 mins	VILLAGE ST2

## SATURDAY

10:30	Pilates (Int)	●	45 mins	3
13:05	Les Mills Sprint	● ●	30 mins	1
16:10	Les Mills Bodypump	● ●	45 mins	2

## SUNDAY

12:10	Pilates (Beg)	●	45 mins	3
13:05	SWEAT	● ●	45 mins	TEAM GYM
13:15	Les Mills RPM	● ●	45 mins	1



Student Member  
Class Access



Private Member  
Class Access