



Mardyke Arena

UNIVERSITY COLLEGE CORK

Studio Timetable- January 2025

MONDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Revelate-Bike, Row, Ski	Blue Gym	Gillian
08.20-09.05	Reformer PAYG**	Studio 2	Cornelia
13.10-13.55	Lunchtime Cycle	Studio 3	Ronan
18.00-18.45	Zumba	Studio 7	Karen
18.00-18.45	RPM- WheelSpin	Studio 3	Diego
19.00-20.00	Yoga for Beginners	Studio 5	Diego

TUESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Body Blast	Studio 7	Arnolda
09.30-10.15	Aqua Aerobics	Pool	Aga
11.15-12.00	Revelate-Bike, Row, Ski	Studio 2	Brid
13.10-13.55	Lunchtime Cycle	Studio 3	Megan
18.00-18.45	Power Cycle	Studio 3	Diego
19.30-20.30	Ashtanga Yoga	Studio 7	Diego

WEDNESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Sunrise Flex	Studio 7	Mary
09.30-10.15	Total Tone	Studio 7	Robert
12.10-12.55	Reformer PAYG**	Studio 2	Brigitte
13.10-13.55	Lunchtime Cycle	Studio 3	Brid
17.30-18.15	Hatha Flow	Studio 5	Robert
17.30-18.15	RPM- Wheelspin	Studio 3	Diego
18.30-19.15	Hatha Yoga	Studio 5	Diego
18.30-19.15	Power Cycle	Studio 3	Robert
19.30-20.15	Total Tone	Studio 7	Robert

THURSDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Sunrise Spin	Studio 3	Rob
09.30-10.15	Aqua Aerobics	Pool	Aga
13.10-13.55	Lunchtime Cycle	Studio 3	Adam
18.00-18.45	Zumba	Studio 1	Karen
19.30-20.15	FTP- Cycle	Studio 3	Brid



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FRIDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Total Tone	Studio 7	Mary
09.45-10.30	Yoga	Studio 7	Claudia
13.10-13.55	Lunchtime Cycle	Studio 3	Brid
17.00-17.45	Mat Pilates	Studio 4	Brigette
17.45-18.30	Revelate-Bike, Row, Ski	Blue Gym	Jake
18.00-18.45	Vinyasa Yoga	Studio 4	Brigette

SATURDAY

TIME	CLASS	STUDIO	INSTRUCTOR
10.30-11.15	Total Tone	Studio 7	Robert
11.30-12.15	Power Cycle	Studio 3	Robert

Price: UCC Student- FREE, Member- €5.00, Non-Member- €12.00
Revelate: Members/Students: €8 Non-Member: €14.00
Reformer Pilates: Member/Students €15.00 Non-Member €20.00

NOTICE

- Classes must be pre booked on the Mardyke Arena UCC app, available up to 48hour before the class starts. Minimum of 4 to start a class.
- Participants must check in with instructor prior to commencing all classes.
- Mats are not provided. Please bring a mat with you
- All classes will start on time and there will be a 5-minute grace period- Instructor will have the right to denied access after this time.
- If you need to cancel, please do so up to 1 hour before the class.