



October 1st 2024

Mardyke Arena

UNIVERSITY COLLEGE CORK

MONDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Revelate	Blue Gym	Cameron
08.20-09.05	Reformer Beginner 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	Total Tone	Studio 7	Arnolda
09.30-10.15	Aqua Aerobics	Pool	Agá
13.10-13.55	Lunchtime Cycle	Studio 3	Megan
17.30-18.15	Sculpt & Burn	Studio 7	Aoibhiinn
18.00-18.45	Power Cycle	Studio 3	Diego
18.30-19.15	Kettlebells	Studio 7	Aoibhinn
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	Sinead
13.10-13.55	Lunchtime Cycle	Studio 3	Brid
17.30-18.15	Mindful Vinyasa	Studio 4	Brigitte
18.00-18.45	RPM- Wheelspin	Studio 3	Robert
18.30-19.15	Mat Pilates	Studio 1	Brigitte
19.15-20.15	Hatha Flow	Studio 7	Robert

THURSDAY

TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Sunrise Spin	Studio 3	Robert
09.30-10.15	Aqua Aerobics	Pool	Adam
13.10-13.55	Lunchtime Cycle	Studio 3	Kaitlyn
17.30-18.15	Stations	Studio 7	Aoibhinn
18.00-18.45	Zumba	Studio 1	Karen
18.30-19.15	Step N Tone	Studio 7	Aoibhinn
19.30-20.15	FTP- Cycle	Studio 3	Diego



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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
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 From Oct 1st, 2024

UCC Student- FREE, Member- €5.00, Non-Member- €12.00

Revelate: Members/Students: €8 Non-Member: €14.00

Non-Coach Revelate: Members/Students: €3.00

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.

