



Mardyke Arena

UNIVERSITY COLLEGE CORK

**Reduced Christmas classes From December 16th to December 19th
Classes will resume on Monday January 6th 2025**

MONDAY 16th			
TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Revelate	Blue Gym	Cameron
08.20-09.05	Reformer Pilates- Improver	Studio 3	Cornelia
13.10-13.55	Lunchtime Cycle	Studio 3	Ronan
18.00-18.45	Zumba	Studio 1	Karen
18.00-18.45	RPM- WheelSpin	Studio 3	Diego
19.00-20.00	Yoga for Beginners	Studio 5	Diego
TUESDAY 17th			
TIME	CLASS	STUDIO	INSTRUCTOR
09.30-10.15	Aqua Aerobics	Pool	Aga
13.10-13.55	Revelate Hustler	Blue Gym	Glenn
17.30-18.15	Sculpt & Burn	Studio 4	Aoibhiinn
18.00-18.45	Power Cycle	Studio 3	Diego
18.30-19.15	Kettlebells	Studio 4	Aoibhinn
19.30-20.30	Ashtanga Yoga	Studio 5	Diego
WEDNESDAY 18th			
TIME	CLASS	STUDIO	INSTRUCTOR
07.10-07.55	Sunrise Flex	Studio 1	Mary
13.10-13.55	Lunchtime Cycle	Studio 3	Brid
17.30-18.15	Yoga	Studio 4	Brigette
18.00-18.45	RPM- Wheelspin	Studio 3	Robert
18.30-19.15	Mat Pilates	Studio 1	Brigette
19.15-20.15	Hatha Flow	Studio 5	Robert
THURSDAY 19th			
TIME	CLASS	STUDIO	INSTRUCTOR
09.30-10.15	Aqua Aerobics	Pool	Aga
13.10-13.55	Revelate Hustler	Blue Gym	Adam
18.30-19.15	FTP- Cycle	Studio 3	Diego

Price: UCC Student- FREE, Member- €5.00, Non-Member- €12.00
Revelate: Members/Students: €8 Non Member: €14.00
Non Coach Relevance: Members/Students: €5.00
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.