



Time	Class	Type	Length	Studio
<b>MONDAY</b>				
06:30	Les Mills Bodypump	M S	45 mins	2
06:30	Les Mills RPM	M S	45 mins	1
07:10	KB / HIIT Training	M S	35 mins	3
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
10:30	LM Bodypump Tech	M	30 mins	2
11:15	Pilates(Beg)	M	45 mins	2
12:15	Arms & Abs	M	30 mins	2
13:10	Pilates(Beg)	M	45 mins	2
13:10	Les Mills RPM Exp	M S	35 mins	1
17:15	Les Mills Core	M S	30 mins	2
18:15	Les Mills Bodypump	M	60 mins	2
18:30	UCD BoxFit	M S	45 mins	3
19:30	Yoga(Int)	M	45 mins	2
19:35	Les Mills Sprint	M S	30 mins	1

## TUESDAY

06:30	Pilates(Int)	M S	45 mins	2
07:05	Les Mills RPM	M S	45 mins	1
07:15	TRX/HIIT Training	M S	35 mins	Team Gym
09:15	Les Mills Core	M S	30 mins	2
10:05	Les Mills Bodypump	M	45 mins	2
10:10	LM Cycle Tech Check	M S	30 mins	1
11:05	Les Mills Sprint	M S	30 mins	1
11:10	Yoga(Int)	M	45 mins	2
12:10	Pilates (Beg)	M	45 mins	2
13:10	Les Mills Bodypump Exp	M S	30 mins	2
18:15	Les Mills RPM	M S	45 mins	1
18:30	Les Mills Core	M S	30 mins	2
19:15	Les Mills Bodypump	M S	45 mins	2
19:15	Pilates (Int)	M S	45 mins	3
20:00	Hydroburn	M S	45 mins	Pool
20:15	Yoga(Beg)	M	45 mins	2

## WEDNESDAY

07:05	Les Mills GRIT	M S	30 mins	2
07:10	UCD BoxFit	M S	45 mins	3
09:15	Les Mills Bodypump	M S	45 mins	2
09:30	Pilates(Beg)	M S	45 mins	3
09:30	AquaFit	M	45 mins	Pool
10:10	Les Mills Sprint	M S	30 mins	1
11:05	Les Mills Bodypump	M S	45 mins	2
12:10	Les Mills Bodybalance	M S	45 mins	2
13:10	Les Mills Sprint	M S	30 mins	1
13:10	Pilates (Int)	M	45 mins	2
17:15	Les Mills Core	M S	30 mins	2
18:15	Les Mills Bodypump	M S	45 mins	2
18:30	Les Mills Sprint	M S	30 mins	1
19:15	Les Mills Bodypump	M	45 mins	2
19:15	Pilates(Beg)	M	45 mins	3
20:10	Les Mills RPM Exp	M S	35 mins	1

Time	Class	Type	Length	Studio
<b>THURSDAY</b>				
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	Les Mills Bodypump	M	45 mins	2
09:30	Les Mills RPM	M S	45 mins	1
10:30	Yoga(Beg)	M S	45 mins	2
11:05	KB / HIIT Training	M S	35 mins	3
12:10	Les Mills RPM	M S	45 mins	1
13:10	Les Mills Bodypump Exp	M S	30 mins	2
13:10	TRX/HIIT Training	M S	35 mins	Team Gym
18:15	Les Mills GRIT	M S	30 mins	2
18:30	Les Mills RPM	M S	45 mins	1
19:05	LM Bodypump Tech Check	M S	30 mins	2
19:15	Yoga(Int)	M	45 mins	3
20:05	Les Mills Bodypump	M S	60 mins	2
20:10	Pilates (Int)	M	45 mins	3

## FRIDAY

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 S	30 mins	2
10:00	AquaFit	M	45 mins	Pool
10:05	Les Mills Bodypump	M	45 mins	2
11:05	Les Mills Sprint	M S	30 mins	1
11:10	Les Mills Bodypump	M S	45 mins	2
12:10	Les Mills Bodybalance	M	45 mins	2
12:30	LM cycle Tech Check	M S	30 mins	1
13:10	Les Mills Sprint	M S	30 mins	1
13:10	Yoga(Beg)	M	45 mins	2
18:15	Les Mills Bodypump	M S	45 mins	2
18:30	Pilates (Beg)	M S	45 mins	3
19:15	Les Mills RPM Exp	M S	35 mins	1

## SATURDAY

09:15	Pilates (Int)	M	45 mins	3
09:30	Les Mills Bodypump	M	60 mins	2
11:10	Les Mills Sprint	M S	30 mins	1
10:45	Les Mills Core	M S	30 mins	2
11:30	Yoga(Beg)	M S	45 mins	2
12:10	Les Mills RPM	M S	45 mins	1
13:10	Les Mills Bodypump	M S	45 mins	2
14:15	Pilates (Beg)	M	45 mins	2

## SUNDAY

09:15	Pilates (Beg)	M	45 mins	3
09:15	Les Mills Core	M S	30 mins	2
10:05	Les Mills RPM	M S	45 mins	1
10:10	Les Mills Bodypump	M	45 mins	2
12:05	Les Mills Bodypump	M S	45 mins	2
13:10	Yoga(Int)	M S	45 mins	2
14:10	Les Mills RPM	M S	45 mins	1