

UCD Sport & Fitness

LES MILLS Shapes & Strength Development LES MILLS

Class Schedule January 27th to March 9th 2025

Time	Class	Length	Studio
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MONDAY

12:10	LM SHAPES	45 mins	ST2
19:15	LM Strength Development	45 mins	ST2

TUESDAY

16:30	LM SHAPES	45 mins	ST2
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WEDNESDAY

10:15	LM Strength Development	45 mins	ST2
19:15	LM Shapes	45 mins	ST2

Time	Class	Length	Studio
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THURSDAY

16:30	LM Strength Development	45 mins	ST2
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SUNDAY

10:05	LM Strength Development	45 mins	ST2
12:10	LM SHAPES	45 mins	ST2

**Les Mills Shapes and Strength Development are specialised 6 week programs
Both programs are FREE for members with
booking open from January 13th at main reception**

**BOOKING VIA MAIN RECEPTION ONLY FROM JANUARY 13th
PLEASE BOOK EARLY TO AVOID DISAPPOINTMENT**