

Time	Class	Length	Studio
<b>MONDAY</b>			
6.30	Spin *	45min	1
6.30	Body Pump Les Mills	45min	2
6.45	TRX Fusion *	45min	Team G
7.20	CX Worx Les Mills *	35min	2
9.30	Aquafit	45min	Pool
9.30	Spin *	45min	1
9.30	CX Worx Les Mills *	35min	2
10.10	Body Pump Les Mills	45min	2
12.10	Spin	35min	1
13.10	Body Pump Les Mills Express	35min	2
18.15	TRX Fusion *	45min	Team G
18.15	Body Pump Les Mills	45min	2
18.30	Spin	45min	1
19.05	Body Pump Les Mills	45min	2
20.05	Yoga (Int)	60min	2
20.05	Spin	45min	1

Time	Class	Length	Studio
<b>TUESDAY</b>			
6.30	HIIT	20min	Team G
6.30	Body Pump Les Mills	45min	2
7.20	Body Balance Les Mills *	30min	2
9.30	Body Pump Les Mills	45min	2
10.00	Spin	45min	1
10.20	Yoga (Beg)	45min	2
12.05	Pilates (Beg)	45min	2
12.10	Spin *	45min	1
13.10	Pilates (Int)	45min	2
18.15	Body Pump Les Mills	45min	2
19.05	Spin	45min	1
19.10	Pilates (Beg)	45min	2
20.00	Hydroburn	45min	Pool
20.00	Spin (Beg)	30min	1
20.05	Yoga (Beg)	45min	2

Time	Class	Length	Studio
<b>WEDNESDAY</b>			
6.30	Circuits	45min	2
6.30	Spin *	45min	1
9.15	Body Pump Les Mills	45min	2
9.30	Aquafit	45min	Pool
10.05	Spin *	45min	1
10.05	Piloxing	45min	2
12.05	Yoga (Int)	45min	2
13.10	Kettle Bells	30min	2
13.10	Spin *	35min	1
18.15	Spin	45min	1
18.15	Body Pump Les Mills	45min	2
19.10	Pilates (Int)	45min	2
19.10	Spin (Beg)	30min	1
19.15	TRX Fusion *	45min	Team G
20.10	CX Worx Les Mills *	35min	2

Time	Class	Length	Studio
<b>THURSDAY</b>			
6.30	Pilates (Int)	45min	2
6.30	Spin *	45min	1
6.45	HIIT*	20min	Team G
9.30	Body Pump Les Mills	45min	2
9.30	Spin	45min	1
10.20	Yoga (Int)	45min	2
12.05	Pilates (Int)	45min	2
13.10	CX Worx Les Mills	30min	2
18.15	Spin	45min	1
18.15	Pilates (Int)	45min	2
19.05	Body Pump Les Mills	45min	2
19.15	Spin (Beg)	30min	1
20.05	Yoga (Beg / Int)	55min	2

Time	Class	Length	Studio
<b>FRIDAY</b>			
6.30	Spin	45min	1
6.40	CX Worx Les Mills *	35min	2
7.20	Body Balance Les Mills *	30min	2
9.30	Body Pump Les Mills	45min	2
10.00	Spin	45min	1
10.00	Hydroburn	45min	Pool
10.20	Pilates (Int)	45min	2
12.05	Yoga (Int)	45min	2
13.10	Body Pump Les Mills	45min	2
13.10	Spin *	35min	1
18.05	Spin	45min	1
18.20	CX Worx Les Mills *	35min	2
19.00	Body Pump Les Mills	45min	2
19.50	Body Balance Les Mills *	45min	2

Time	Class	Length	Studio
<b>SATURDAY</b>			
8.30	CX Worx Les Mills *	35min	2
9.10	Pilates (beg)	45min	2
10.15	Spin	45min	1
10.15	Body Balance Les Mills	45min	2
11.05	Body Pump Les Mills	45min	2
12.00	Yoga (Int)	60min	2
13.05	Piloxing	45min	2
14.00	Spin *	45min	1
15.00	Kettle Bells *	45min	2

Time	Class	Length	Studio
<b>SUNDAY</b>			
9.00	Yoga (Int)	55min	2
10.00	Piloxing *	45min	1
10.00	Body Pump Les Mills	45min	2
11.00	Endurance Spin	60min	1
11.55	CX Worx Les Mills *	35min	2
12.40	Body Balance Les Mills	45min	2
13.30	Body Pump Les Mills	45min	2

\* Sport and Fitness Members and Students



### PLEASE NOTE

Members must register at the Class Pod (outside Spin Studio) 15min before every class. Students must registers at reception desk 15min before every class. All classes on this timetable without an \* are €6 per class for students.

All Classes are subject to change

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