

TIMETABLE

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
Time	Class	Studio	Time	Class	Studio	Time	Class	Studio	Time	Class	Studio	Time	Class	Studio
1.00pm - 2.00pm	Sizzling Circuits SCI	K	7.30am - 8.00am	Aurora Cycle SCI	F	1.00pm - 1.45pm	Complete Core SCI	S	7.30am - 8.00am	Aurora Cycle SCI	F	1.00pm - 1.45pm	Studio Cycling SCI	B
1.00pm - 1.45pm	Deep Water Fit* SCI	P	1.00pm - 1.45pm	Studio Cycling SCI	B	1.00pm - 1.45pm	Studio Cycling SCI	B	1.00pm - 2.00pm	Power Pump SCI	S	1.00pm - 2.00pm	Pilates Karita	S
1.00pm - 2.00pm	Power Pump SCI	S	1.00pm - 2.00pm	Shadow Yoga Paula	S	1.10pm - 1.40pm	Relaxation Sorcha/Christina	K	1.00pm - 2.00pm	Irish Dancercise Sue	A	6.15pm - 7.15pm	Power Pump SCI	S
5.15pm - 6.00pm	Studio Cycling SCI	B	1.00pm - 2.00pm	Pilates Karita	A	5.30pm - 6.30pm	Step & Tone Ciara	S	5.00pm - 5.45pm	Step & Pump SCI	S	Studios and Instructors B = Studio Cycling Balcony: Floor 4 K = Keiser Room: Floor 3 S = Fitness Studio: Floor 2 A = Ancillary Hall: Floor 1 P = Pool: Floor -1 F = Fitness Theatre: Ground Floor SCI = Sports Centre Instructor (See notice board outside stretching room) Levels: Green = Beginner Blue = All Levels Red = Intermediate/Advanced		
5.30pm - 6.30pm	Body Flow Tina	S	5.15pm - 6.00pm	Complete Core SCI	S	6.00pm - 7.00pm	Zumba Nicole	A	5.45pm - 6.00pm	15 min Abs SCI	S			
6.15pm - 7.00pm	Studio Cycling SCI	B	6.00pm - 7.00pm	Nike Training Club SCI	S	6.15pm - 7.00pm	Studio Cycling SCI	B	6.00pm - 7.00pm	Vinyasay Yoga Sinéad	S			
6.15pm - 7.00pm	Hydro Tone SCI	P	7.00pm - 8.00pm	Vinyasay Yoga Sinéad	S	6.30pm - 7.30pm	Body Flow Emily	S	6.15pm - 7.15pm	Sizzling Circuits SCI	K			
6.30pm - 7.30pm	Pilates José	S	8.00pm - 9.00pm	Vinyasay Yoga Sinéad	S	6.30pm - 7.15pm	Deep Water Fit* SCI	P	7.00pm - 8.00pm	Vinyasay Yoga Level 2 Sinéad	S			
7.30pm - 8.30pm	Zumba Rebecca	S				7.30pm - 8.30pm	Pilates José	S						

*Deep Water Fit participants must be comfortable in the Deep End of the pool.

- Swimming lessons, climbing courses and other courses are taught in addition to the above timetable. Please view members notice boards and our website www.tcd.ie/sport
- Numbers per class are limited; we recommend you book in advance to avoid disappointment. Classes must be paid for at the time of booking and members can book as many classes as they wish in advance.
- Due to safety reasons, late arrival may result in you not being allowed to participate in a class.
- Classes are non-refundable and 24 hrs notice is required if you wish to change or transfer a booking.
- Please inform the instructor of any illness, injury or condition that may affect you while exercising.
- Suitable clothing and sports footwear must be worn.
- Please note this timetable is subject to change. Contact the Reception Desk for further details or visit our website at www.tcd.ie/sport