

FITNESS CLASSES

15th April - 7th July 2019

MONDAY

Time	Class	Duration	Instructor	Location
07.15 - 08.00	Studio Cycling	45min	John	Cycling Studio
08.00 - 08.15	15 Minute Abs	15min	John	Fitness Studio
09.00 - 09.30	Virtual Cycle*	30min		Cycling Studio
12.00 - 12.30	Virtual Cycle*	30min		Cycling Studio
13.05 - 13.50	Bootcamp	45min	Garreth	Functional Zone
13.05 - 13.50	Studio Cycling	45min	Darren	Cycling Studio
16.00 - 16.30	Virtual Cycle*	30min		Cycling Studio
17.00 - 17.30	Yogalates	30min	Catriona	Wellness Studio
17.30 - 18.00	Yogalates	30min	Catriona	Wellness Studio
17.15 - 18.00	Trinity Staff Class	45min	Darren	Fitness Studio
18.00 - 18.45	Kettlebells	45min	Mark	Functional Zone
18.30 - 19.30	Power Pump	60min	Catriona	Fitness Studio
20.00 - 20.30	Virtual Cycle*	30min		Cycling Studio

TUESDAY

Time	Class	Duration	Instructor	Location
07.30 - 08.15	Kettlebells	45min	Mark	Fitness Studio
08.15 - 08.30	15 Minute Abs*	15min	Mark	Fitness Studio
09.00 - 09.30	Virtual Cycle*	30min		Cycling Studio
13.00 - 14.00	Pilates**	60min	Karita	Wellness Studio
13.05 - 13.50	Studio Cycling	45min	Jesus	Cycling Studio
13.05 - 13.50	Kettlebells	45min	Darren	Functional Zone
13.05 - 13.50	Trinity Staff Class	45min	Mark	Fitness Studio
16.00 - 16.30	Virtual Cycle*	30min		Cycling Studio
16.00 - 16.30	Yogalates	30min	Catriona	Wellness Studio
16.30 - 17.00	Yogalates	30min	Catriona	Wellness Studio
17.30 - 18.15	Step N' Tone	45min	Catriona	Cycling Studio
18.00 - 18.30	HIIT Cycle	30min	Anthony	Cycling Studio
18.15 - 19.00	Boxfit	45min	Garreth	Fitness Studio
21.00 - 21.30	Virtual Cycle*	30min		Cycling Studio

WEDNESDAY

Time	Class	Duration	Instructor	Location
07.15 - 07.45	Express Cycle	30min	Jesus	Cycling Studio
07.45 - 08.15	Core Strength	30min	Jesus	Fitness Studio
09.00 - 09.30	Virtual Cycle	30min		Cycling Studio
12.00 - 12.30	Virtual Cycle*	30min		Cycling Studio
13.05 - 13.50	Bonz Weights & HIIT	45min	Bon	Functional Zone
13.05 - 13.50	Boxfit	45min	John	Fitness Studio
13.05 - 13.50	Studio Cycling	45min	Garreth	Cycling Studio
13.05 - 13.50	Core Strength	45min	Jesus	Wellness Studio
16.00 - 16.30	Virtual Cycle*	30min		Cycling Studio
17.15 - 18.00	Total Body Strength	45min	Darren	Functional Zone
17.30 - 18.15	Boxfit	45min	Garreth	Fitness Studio
18.00 - 18.30	HIIT Cycle	30min	John	Cycling Studio
18.15 - 19.00	Kettlebells	45min	Mark	Functional Zone
18.30 - 19.30	Zumba**	60min	Francesca	Fitness Studio
20.00 - 20.30	Virtual Cycle*	30min		Cycling Studio

THURSDAY

Time	Class	Duration	Instructor	Location
07.15 - 07.45	Express Cycle	30min	SCI	Cycling Studio
07.45 - 08.30	Boxfit	45min	SCI	Fitness Studio
09.00 - 09.30	Virtual Cycle*	30min		Cycling Studio
12.00 - 12.30	Virtual Cycle*	30min		Cycling Studio
13.05 - 13.50	Bonz Weights & HIIT	45min	Bon	Functional Zone
13.15 - 13.45	MyZone HIIT Cycle	30min	SCI	Cycling Studio
16.00 - 16.30	Virtual Cycle*	30min		Cycling Studio
17.30 - 18.15	Bootcamp	45min	SCI	Functional Zone
21.00 - 21.30	Virtual Cycle**	30min		Fitness Studio

FRIDAY

Time	Class	Duration	Instructor	Location
07.15 - 07.45	Express Cycle	30min	SCI	Cycling Studio
07.45 - 08.15	Core Strength	30min	SCI	Fitness Studio
09.00 - 09.30	Virtual Cycle*	30min		Cycling Studio
12.00 - 12.30	Virtual Cycle*	30min		Cycling Studio
13.00 - 14.00	Pilates**	60min	Lena	Wellness Studio
13.05 - 13.50	Bonz Weights & HIIT	45min	Bon	Functional Zone
13.15 - 13.45	MyZone HIIT Cycle	30min	SCI	Cycling Studio
16.00 - 16.30	Virtual Cycle*	30min		Cycling Studio
17.15 - 18.00	Bootcamp	45min	SCI	Functional Zone
20.00 - 20.30	Virtual Cycle*	30min		Cycling Studio

SATURDAY

Time	Class	Duration	Instructor	Location
12.00 - 12.45	Bootcamp	45min	SCI	Functional Zone
14.00 - 14.30	Virtual Cycle*	30min		Cycling Studio
16.00 - 16.30	Virtual Cycle*	30min		Cycling Studio

SUNDAY

Time	Class	Duration	Instructor	Location
11.00 - 11.45	Bootcamp	45min	SCI	Functional Zone
14.00 - 14.30	Virtual Cycle*	30min		Cycling Studio
16.00 - 16.30	Virtual Cycle*	30min		Cycling Studio

- All courses must be booked and paid in advance.
- Course fees will not be refunded unless the course is cancelled or rescheduled.
- Once payment is made your place on the course is secured.
- Bookings and payment can be made at the Sports Centre reception desk or by calling 01 896 1812
- Trinity Sport instructors have chosen to deliver the best activity programme. Subject to change.
- It is important to arrive on time for warm up component of the course. Late comers may be refused entry for their own safety and to avoid disturbing others.
- Whilst every effort has been made to ensure the accuracy of this programme, courses may be subject to change.
- Trinity Sport closes on bank holidays so there will be no courses on these days.

WELLNESS COURSES

Commencing 16th April 2019

MONDAY

Course	Date	Time/Duration	Instructor	Cost
Yoga Mixed Ability	29th April – 17th June (Excludes 6th May & 3rd June)	13.00 - 14.00 6 Weeks	Fernanda Lyden	€42 – Members €66 – Non-Members
Yoga Beginner	29th April – 17th June (Excludes 6th May & 3rd June)	18.00 - 19.00 6 Weeks	Aga Szczesniak	€42 – Members €66 – Non-Members

TUESDAY

Course	Date	Time/Duration	Instructor	Cost
Pilates Beginner	16th April – 21st May	17.00 - 18.00 6 Weeks	Jesus Perez	€42 – Members €66 – Non-Members
Pilates Beginner's	16th April – 21st May	18.00 - 19.00 6 Weeks	Paul Eglington	€42 – Members €66 – Non-Members
Vinyasa Yoga Beginner	16th April – 21st May	19.00 - 20.00 6 Weeks	Samantha Fazekas	€42 – Members €66 – Non-Members

WEDNESDAY

Course	Date	Time/Duration	Instructor	Cost
Dynamic Vinyasa Flow Yoga	17th April – 22nd May	07.30 - 08.30 6 Weeks	Aga Szczesniak	€42 – Members €66 – Non-Members
Pilates Beginners	17th April – 22nd May	19.10 - 20.00 6 Weeks	Lena Anikina	€42 – Members €66 – Non-Members

THURSDAY

Course	Date	Time/Duration	Instructor	Cost
Pregnancy Yoga	25th April – 23rd May	13.00 - 14.00 5 Weeks	Lisa Corrigan	€46 – Members €63 – Non-Members
Vinyasa Yoga Mixed Ability	18th April – 23rd May	18.00 - 19.00 6 Weeks	Colette O'Donnell	€42 – Members €66 – Non-Members
Tai Chi Mixed Ability	16th May – 20th June (Excludes 30th May)	19.00 - 20.00 5 Weeks	Ivan Kolev	€35 – Members €55 – Non-Members

PRICES

Annual class pass

- Costs €150 and is available to annual members
- Entitles you access to all classes except those marked with **

Pay as you go pricing

- Members:
Pilates €5.50
Yoga €7.50
All 20-30 minute classes €2.50
All other classes €4.50
Classes marked with * free

Non-members:

- All 20-30 minute classes €4.50
All other classes €10

Terms and conditions

- All courses must be booked and paid in advance.
- Course fees will not be refunded unless the course is cancelled or rescheduled.
- Bookings and payment can be made at the Sports Centre reception desk or by calling 01-8961812.
- Late comers may be refused entry for their own safety and to avoid disturbing other members.
- Instructors and courses may be subject to change.
- Trinity Sport closes on bank holidays, therefore no classes or courses will take place on these days.
- Fitness classes/courses – if we determine that there is insufficient numbers for a class/course we reserve the right to cancel or postpone before its original start date. As much notice as possible will be provided and a full refund will be offered if no suitable alternative arrangement is found.

01 896 1812
sport@tcd.ie
www.tcd.ie/sport

Trinity College Dublin Sport
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#EFFORTREWARDED



Connect to display live data via smartphone app or 'in studio' displays. (Coming soon!)



Online logbook with goal setting, biometric data, challenges, status rank and social feeds.



Stores up to 16 hours of storage for those times you don't have your smartphone.



Achieve MYZONE® status ranking based on effort not fitness.



Records & Uploads your Time/ Effort/ Calories/ Heart Rate/ MEPS.



Connects with cardio equipment and 3rd party apps.

FOR MORE INFO SPEAK TO OUR FITNESS TEAM

The MZ3 is the most relevant and versatile fitness tracker on the market, using Bluetooth, ANT+ and Analog technology to provide real time feedback on heart rate, calories, and effort, to ensure that you get accurate feedback on all your exercise at Trinity Sport.



*Retail price €159.99

FITNESS CLASSES & WELLNESS COURSES SCHEDULE



OVER **80+**
CLASSES &
COURSES TO
CHOOSE FROM

15th April -
7th July 2019



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

Trinity Sport
www.tcd.ie/sport