

FITNESS STUDIO

2026

MON

8:15-8:45

Strength & Core

Fitness studio

12:15-12:45

HIIT Kettlebells
& Core

Fitness Studio

13:05-13:50

Box Fit

Fitness Studio

17:15-18:00

Pump N Bum

Fitness Studio

18:15-19:00

Kettlebells
& Core

Fitness Studio

TUE

10:15-10:45

HIIT

Fitness studio

13:05-13:50

Kettlebells
& Core

Fitness Studio

18:05-18:50

Box Fit

Fitness Studio

WED

8:15-8:45

Strength & Core

Fitness studio

13:05-13:55

Box Fit

Fitness studio

15:30-16:00

HIIT

Fitness studio

16:15-17:00

Box Fit

Fitness Studio

17:15-18:00

Pump N Bum

Fitness Studio

18:15-19:00

Kettlebells
& Core

Fitness Studio

THU

12:15-12:45

Strength & Core

Fitness studio

18:15-18:45

HIIT Rip 60
& Kettlebells

Fitness studio

FRI

13:05-13:50

Bodyweight
Burn

Fitness studio

17:15-17:45

HIIT

Fitness studio

SUN

13:05-13:50

Bodyweight
Burn

Fitness studio



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

Trinity Sport
www.tcd.ie/sport

