

Wellness STUDIO 2026



MONDAY

7:15-7:45

Core & Stability

11:15-11:45

Stretch & Flex

12:15-13:00

Yogalates - Belinda

15:15-15:45

Guided Meditation

16:15-17:00

Yogalates - Catriona

TUESDAY

12:15-13:00

Guided Meditation

12:15-13:00

Yogalates - Catriona

13:05-13:55

Pilates* - Karita

16:15-17:00

Yogalates - Catriona

17:15-17:45

Desk Fitness

WEDNESDAY

7:15-8:00

Yogalates - Catriona

12:15-13:00

Yogalates - Catriona

13:05-13:55

Core Strength

16:15-17:00

Yogalates - Belinda

THURSDAY

8:15-8:45

Stretch & Flex

19:15-19:45

Core & Stability

FRIDAY

7:15-7:45

Core & Stability

13:05-13:55

Pilates* - Lena

SATURDAY

11:15-12:00

Core Strength

12:05-13:05

Yoga* - Clara

SUNDAY

11:05-12:05

Yoga* - Elizabeth

** Not included
in our Class Pass*



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

Trinity Sport
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