

FITNESS

STUDIO 2025

MON	7:50-8:20 Strength & Core Martin	12:15-13:00 HIIT Kettlebells & Core Mark	13:05-13:50 Box Fit Ryan	17:15-18:00 Pump N Burn Catriona	18:15-19:00 Kettlebells & Core Fionn
TUE	7:50-8:20 HIIT Kettlebells & Core Fionn	13:15-13:45 Strength & Core Tom	18:15-19:00 Box Fit Ryan		
WED	7:05-8:20 Strength & Core Tom	13:05-13:50 Boxfit Tom	17:15-18:00 Pump N Burn Belinda	18:15-19:00 Kettlebells & Core Mark	
THU	7:50-8:20 Strength & Core Instructor	17:45-18:15 30' Core Strength Instructor			
FRI	7:50-8:20 Strength & Core Instructor	13:05-13:50 Bodyweight Burn Instructor			
SUN	11:15-11:45 Strength & Core Instructor				



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

Trinity Sport
www.tcd.ie/sport

SPIN STUDIO

2025

MON	7:10-7:40 HIIT Cycle Martin	13:05-13:50 Studio Cycling Emmet	18:15-18:45 HIIT Cycle Fionn
TUE	7:10-7:40 HIIT Cycle Martin	13:05-13:55 Studio Cycling Emmet	18:15-18:45 HIIT Cycle Fionn
WED	7:10-7:40 HIIT Cycle Catriona	13:05-13:50 Studio Cycling Ryan	18:15-18:45 HIIT Cycle Emmet
THU	7:10-7:40 HIIT Cycle Instructor	13:15-13:45 HIIT Cycle Instructor	18:15-18:45 HIIT Cycle Instructor
FRI	7:10-7:40 HIIT Cycle Instructor	13:15-13:45 HIIT Cycle Instructor	18:15-18:45 HIIT Cycle Instructor
SAT	10:30-11:00 HIIT Cycle Instructor		
SUN	10:30-11:00 HIIT Cycle Instructor		



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

Trinity Sport
www.tcd.ie/sport