

FITNESS

STUDIO 2025

MON	7:50-8:20 Strength & Core Catriona	12:15-13:00 HIIT Kettlebells & Core Catriona	13:05-13:50 Box Fit Ryan	17:15-18:00 Pump N Burn Catriona	18:15-19:00 Kettlebells & Core Mark	
TUE	7:50-8:20 HIIT Kettlebells & Core Emmet	13:15-13:45 Strength & Core Mark	13:00-14:00 Hyrox S&C* Mark	17:30-18:00 HIIT Rip60 Kettlebells Catriona	17:30-18:30 Hyrox S&C* Catriona	18:15-19:00 Box Fit Ryan
WED	7:05-8:20 Strength & Core Emmet	13:05-13:50 Boxfit Emmet	17:15-18:00 Pump N Burn Belinda	18:15-19:00 Kettlebells & Core Mark		
THU	7:50-8:20 Strength & Core Instructor	13:00-14:00 Hyrox S&C* Instructor	17:30-18:30 Hyrox S&C* Instructor	17:45-18:15 Kettlebells & Core Mark		
FRI	7:50-8:20 Strength & Core Instructor	13:05-13:50 Bodyweight Burn Instructor				
SAT	9:30-10:30 Hyrox S&C* Instructor					
SUN	11:15-11:45 Strength & Core Instructor					



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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		



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