

**DCU Sport - St. Patrick’s DCU Campus**

**Group Fitness Schedule**

**Membership: €65 for students – Full Timetable & Fitness Centre**

**30th Jan 2017 – 8th May 2017**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| 1pm | SpinningSpin StudioJack | Stretch+FlexSports Hall 2 | CircuitsSports Hall 2Ronan | BoxerciseSports Hall 2Ronan | SpinningSpin StudioRonan |
| 5:15pm | Core AttackSports Hall 2Jack | Core AttackSports Hall 1Anthony | Core AttackSports Hall 1Anthony | Core AttackSpin StudioJack |  |
| 5:30pm | SpinningSpin StudioJack | Stretch+FlexSports Hall 1Anthony | SpinningSpin StudioAnthony | SpinningSports Hall 2Jack |  |
| 6:15pm | Pump N ToneSports Hall 2Jack | KettleBellsSports Hall 2Anthony | Pump N ToneSports Hall 2Anthony | KettlebellsSports Hall 2Jack |  |
| 7pm | KettlebellsSports Hall 2Jack | SpinningSpin StudioAnthony | KettlebellsSports Hall 2Anthony | Strectch + FlexSports Hall 2Jack |  |
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**PLEASE NOTE –**

* All classes cater for all fitness levels.
* Participants must follow the ‘Studios Code of Conduct’, which is displayed in each studio.
* Classes may be merged or withdrawn without notice.
* On-line bookings only - pin available from Glasnevin Campus / St. Pat’s DCU Sport reception.
* Towel & water bottle essential for each class.
* Wristband must be clearly visible at all times.
* All classes 40 mins, Core Attack 15 mins.
* The New Hall will now be referred to as Sports Hall 1. The Old Hall will now be Sports Hall 2

**BOOK CLASSES ONLINE** [**WWW.DCU.IE/DCUSPORT**](http://WWW.DCU.IE/DCUSPORT)

**19/01/2016**