

**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 | Spinning  Spin Studio  Jack | Stretch+Flex  Sports Hall 2 | Circuits  Sports Hall 2  Ronan | Boxercise  Sports Hall 2  Ronan | Spinning  Spin Studio  Ronan |
| 5:15pm | Core Attack  Sports Hall 2  Jack | Core Attack  Sports Hall 1  Anthony | Core Attack  Sports Hall 1  Anthony | Core Attack  Spin Studio  Jack |  |
| 5:30pm | Spinning  Spin Studio  Jack | Stretch+Flex  Sports Hall 1  Anthony | Spinning  Spin Studio  Anthony | Spinning  Sports Hall 2  Jack |  |
| 6:15pm | Pump N Tone  Sports Hall 2  Jack | KettleBells  Sports Hall 2  Anthony | Pump N Tone  Sports Hall 2  Anthony | Kettlebells  Sports Hall 2  Jack |  |
| 7pm | Kettlebells  Sports Hall 2  Jack | Spinning  Spin Studio  Anthony | Kettlebells  Sports Hall 2  Anthony | Strectch + Flex  Sports Hall 2  Jack |  |
|  |  |  |  |  |  |

**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* Classes may be merged or withdrawn without notice.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**