DCU SPORT
FITNESS CLASS SCHEDULE
18 SEPTEMBER – 9 DECEMBER 2017

MONDAY
7 AM KETTLEBELL
Emma (FTZ)
10 AM ACTIVE FIT
Emma (A)
11 AM AQUA FIT
Emma (P)
1 PM SPIN
John (S)
PUMP N TONE
Emma (A)
5:15 PM SPIN
Denise (S)
PUMP N TONE
Emma (P)
6 AM CORE ATTACK
Denise (A)
6:15 PM KETTLEBELL
Emma (FTZ)
7 PM CORE ATTACK
Graham (A)
PUMP N TONE
Denise (A)
8 PM PILATES
Denise (A)

TUESDAY
7 AM SPIN
John (S)
PUMP & TONE
Denise (A)
10 AM SPIN
Emma (S)
KETTLEBELL
John (FTZ)
11 AM AQUA FIT
Denise (P)
SPIN
Emma (S)
PUMP N TONE
Denise (A)
1 PM KETTLEBELL
John (FTZ)
PUMP N TONE
Jack (A)
5:15 PM SPIN
Emma (S)
PUMP N TONE
John (A)
6 PM CORE ATTACK
Graham (A)
6:15 PM SPIN
Emma (S)
PUMP N TONE
Jack (A)
7 PM CORE ATTACK
Graham (A)
PUMP N TONE
Jack (A)
8 PM PILATES
Denise (A)

WEDNESDAY
7 AM PUMP & TONE
Denise (A)
10 AM PILATES
Denise (A)
11 AM AQUA FIT
Denise (P)
1 PM SPIN
Emma (A)
ACTIVE FIT
Emma (A)
5:15 PM SPIN
Denise (A)
PUMP N TONE
John (A)
6 PM CORE ATTACK
Graham (A)
6:15 PM SPIN
Emma (A)
PUMP N TONE
Jack (A)
7 PM CORE ATTACK
Graham (A)
PUMP N TONE
Jack (A)
8 PM PILATES
Denise (A)

THURSDAY
7 AM SPIN
Emma (S)
10 AM ACTIVE FIT
Emma (A)
11 AM AQUA FIT
Denise (P)
1 PM SPIN
Emma (A)
ACTIVE FIT
Emma (A)
5:15 PM SPIN
Denise (A)
PUMP N TONE
John (A)
6 PM CORE ATTACK
Graham (A)
6:15 PM SPIN
Emma (A)
PUMP N TONE
John (A)
7 PM CORE ATTACK
Graham (A)
PUMP N TONE
John (A)
8 PM PILATES
Denise (A)

FRIDAY
7 AM SPIN
Emma (S)
10 AM PUMP N TONE
Denise (A)
11 AM SPIN
Emma (S)
ACTIVE FIT
Emma (A)
1 PM KETTLEBELL
John (FTZ)
ACTIVE FIT
Emma (A)
5:15 PM PUMP N TONE
Denise (A)
ACTIVE FIT
Emma (A)
6 PM CORE ATTACK
Graham (A)
6:15 PM SPIN
Denise (S)
PUMP N TONE
Anthony (A)
7 PM CORE ATTACK
Graham (A)
PUMP N TONE
Anthony (A)
8 PM PILATES
Denise (A)

SATURDAY
9:15 AM PILATES
Denise (A)
10 AM SPIN
Denise (S)
PUMP N TONE
Denise (A)
11 AM AQUA FIT
Emma (P)
ACTIVE FIT
Emma (A)
5:15 PM SPIN
Denise (S)
PUMP N TONE
Jack (A)
6 PM CORE ATTACK
Graham (A)
6:15 PM SPIN
John (S)
PUMP N TONE
Anthony (A)
7 PM CORE ATTACK
Graham (A)
PUMP N TONE
Anthony (A)

A AEROBIC STUDIO
S SPIN STUDIO
FTZ FUNCTIONAL TRAINING ZONE
P POOL

* This class is available for DCU Staff & Students non members for €2.

BOOK CLASSES ONLINE WWW.DCU.IE/DCUSPORT

DCU Sport Student Academic Year Membership timetable 2017.indd 1
13/09/2017 15:40
**SPORT PUMP N TONE**
Full body toning class using barbells and plates to build that lean toned body you’ve always wanted.

**PILATES**
Focused on building core strength, improving flexibility and helping to prevent injury.

**AQUA FIT**
An invigorating water workout kind to the joints that will burn fat and tone up!

**SPIN**
Super fat burning on stationary bikes.

**ACTIVEFIT**
A full body workout designed to keep older adults fit and healthy.

**CORE ATTACK**
A great 15 minute workout designed to tone up and strengthen the core.

**TRX**
Suspension training class using your own bodyweight to develop strength, balance, core stability in a tough fat burning, muscle toning workout!

**KETTLEBELLS**
Its cardio, its resistance and its core strength all combined in a fun fat burning full body workout!

**BODYFLEX**
Stretch your way to better flexibility & mobility with this fantastic full body workout.

**PLEASE NOTE:**
All classes will 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. Phone bookings will not be accepted.

All classes 40mins & Core Attack 15mins. All members are advised to book classes on line using individual pin code (available from reception). Any on line bookees who fail to attend a class will be charged and the on line privilege may be revoked. Towel and water bottle are essential for each class participant.

**BOOK CLASSES ONLINE** [www.dcu.ie/dcusport](http://www.dcu.ie/dcusport)