## DCU Sport Fitness Class Schedule

**29 April - 20 September 2019**

### Monday
- **7 AM**
  - KETTLEBELL: Emma (FTZ)
- **10 AM**
  - SPIN: John (S)
- **11 AM**
  - SPIN: John (S)
  - PUMP N TONE: Emma (A)
- **1 PM**
  - SPIN: John (S)
  - PUMP N TONE: Emma (A)
- **5:30 PM**
  - SPIN: Eimear (S)
- **6 PM**
  - CORE ATTACK: Anthony (A)
- **6:15 PM**
  - SPIN: John (S)
  - PUMP N TONE: Eimear (S)
- **7 PM**
  - CORE ATTACK: John (A)
- **7:15 PM**
  - KETTLEBELL: John (FTZ)
  - KETTLEBELL: John (FTZ)
- **8 PM**
  - PILATES: Denise (A)

### Tuesday
- **7 AM**
  - SPIN: John (S)
- **10 AM**
  - PUMP N TONE: Fiona (A)
- **11 AM**
  - SPIN: Denise (A)
- **1 PM**
  - SPIN: John (S)
  - BOXERCISE: Denise (A)
  - HIIT: John (O)
  - SPIN: Eimear (S)
  - SPIN: Eimear (S)
- **5:30 PM**
  - SPIN: Eimear (S)
- **6 PM**
  - SPIN: Eimear (S)
  - BODYFLEX: Eimear (S)
- **6:15 PM**
  - CORE ATTACK: Eimear (S)
  - CORE ATTACK: Eimear (S)
  - CORE ATTACK: Eimear (S)
  - CORE ATTACK: Eimear (S)
- **7 PM**
  - KETTLEBELL: John (FTZ)
  - KETTLEBELL: John (FTZ)
- **7:15 PM**
  - KETTLEBELL: John (FTZ)
  - PUMP N TONE: Emma (A)
- **8 PM**
  - PILATES: Denise (A)

### Wednesday
- **7 AM**
  - KETTLEBELL: Denise (FTZ)
  - SPIN: Emma (S)
- **10 AM**
  - PUMP N TONE: Fiona (A)
- **11 AM**
  - PUMP N TONE: Fiona (A)
  - BOOTCAMP/ KETTLEBELL*: Anthony
- **1 PM**
  - SPIN: John (S)
  - BODYFLEX: John (A)
  - PUMP N TONE: Anthony (A)
- **5:30 PM**
  - SPIN: John (S)
- **6 PM**
  - SPIN: John (S)
  - BODYFLEX: John (A)
  - KETTLEBELL/ TRX*: Eimear (FTZ)
  - SPIN: Anthony (S)
- **6:15 PM**
  - SPIN: Anthony (S)
  - BODYFLEX: John (A)
  - KETTLEBELL: John (FTZ)
- **7 PM**
  - CORE ATTACK: John (A)
  - CORE ATTACK: John (A)
  - CORE ATTACK: John (A)
  - CORE ATTACK: John (A)
- **7:15 PM**
  - KETTLEBELL: John (FTZ)
  - KETTLEBELL: John (FTZ)
  - PUMP N TONE: Emma (A)
- **8 PM**
  - PILATES: Denise (A)

### Thursday
- **7 AM**
  - KETTLEBELL: John (FTZ)
  - SPIN: Emma (S)
  - SPIN: Eimear (S)
  - KETTLEBELL: John (FTZ)
- **10 AM**
  - PUMP N TONE: Fiona (A)
- **11 AM**
  - PUMP N TONE: Fiona (A)
  - BOOTCAMP/ KETTLEBELL*: Anthony
- **1 PM**
  - SPIN: Eimear (S)
  - BODYFLEX: John (A)
  - PUMP N TONE: Anthony (A)
- **5:30 PM**
  - SPIN: John (S)
- **6 PM**
  - SPIN: John (S)
  - BODYFLEX: John (A)
  - KETTLEBELL/ TRX*: Eimear (FTZ)
  - SPIN: Anthony (S)
- **6:15 PM**
  - SPIN: Anthony (S)
  - BODYFLEX: John (A)
  - KETTLEBELL: John (FTZ)
- **7 PM**
  - CORE ATTACK: John (A)
  - CORE ATTACK: John (A)
  - CORE ATTACK: John (A)
  - CORE ATTACK: John (A)
- **7:15 PM**
  - KETTLEBELL: John (FTZ)
  - KETTLEBELL: John (FTZ)
  - PUMP N TONE: Emma (A)
- **8 PM**
  - PILATES: Denise (A)

### Friday
- **9:45 AM**
  - 9.45 PILATES: Denise (A)
- **10 AM**
  - PUMP N TONE: Fiona (A)
  - 10.30 SPIN: Anthony (S)
- **11 AM**
  - PILATES: Denise/Fiona (A)
- **1 PM**
  - SPIN: John (S)
  - BOXERCISE: Denise (A)
  - HIIT: John (O)
  - SPIN: Eimear (S)
  - SPIN: Eimear (S)
- **5:30 PM**
  - SPIN: Eimear (S)
- **6 PM**
  - SPIN: Eimear (S)
  - BODYFLEX: Eimear (S)
  - KETTLEBELL/ TRX*: Eimear (FTZ)
  - SPIN: Anthony (S)
- **6:15 PM**
  - SPIN: Anthony (S)
  - BODYFLEX: John (A)
  - KETTLEBELL: John (FTZ)
- **7 PM**
  - CORE ATTACK: John (A)
  - CORE ATTACK: John (A)
  - CORE ATTACK: John (A)
  - CORE ATTACK: John (A)
- **7:15 PM**
  - KETTLEBELL: John (FTZ)
  - KETTLEBELL: John (FTZ)
  - PUMP N TONE: Emma (A)
- **8 PM**
  - PILATES: Denise (A)

### Saturday
- **9.15 AM**
  - 9.15 PILATES: Denise/Fiona (A)
- **10 AM**
  - SPIN: Denise/Fiona (A)
  - 10.30 SPIN: Anthony (S)
- **11 AM**
  - PILATES: Denise/Fiona (A)
  - 11.15 BOOTCAMP/ KETTLEBELL*: Anthony

### Sunday
- **7 AM**
  - KETTLEBELL: John (FTZ)
  - SPIN: Eimear (S)
  - SPIN: Eimear (S)
  - KETTLEBELL: John (FTZ)
- **10 AM**
  - PUMP N TONE: Fiona (A)
  - 10.30 SPIN: Anthony (S)
- **11 AM**
  - PILATES: Denise/Fiona (A)
  - 11.15 BOOTCAMP/ KETTLEBELL*: Anthony

### Notes
- *This class is available for DCU Staff & Students non members for €2.
- Note: Classes could be outside weather permitting

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* Aerobic Studio
* Spin Studio
* FTZ Functional Training Zone
* Pool
* Minor Hall
* Outdoors

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**Book Classes Online** [www.dcu.ie/dcusport](http://www.dcu.ie/dcusport)
**CLASS DESCRIPTIONS**

**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**
It's cardio, its resistance and its core strength all combined in a fun fat burning full body workout!

**BOXERCISE**
Full body workout based on the training concepts of boxing. Focus on fitness and toning through this fun high tempo class.

**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.
- All Classes 40mins & Core Attack 15mins.
- Phone bookings will not be accepted.
- All members are advised to book classes online 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)