

DCU Sport Online Timetable 04/01/20

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11.00 am	Active for Life		Active for Life	Active for Life	
1.00 pm	Pilates	Lunch Time Stretch	Lunch Time Stretch	Lunch Time Stretch	Body Burn
6.00 pm	Kettle Bell	Body Burn	Kettle Bell	Body Burn	

- Active for Life is a class for the older adult class. Aimed to get you up, moving and feeling good. It is a light aerobics based class. **This class is live on our DCU Sport Facebook page.**
- Lunchtime stretch is a 15 min class to help break up your working day. Get away from the desk and join in with some exercises to help improve posture and core strength.
- Kettle bell is a full body workout using a weighted object to help you burn body fat and strengthen up.
- Body Burn is a bodyweight workout; this is a high intense class and one that will get you sweating!

All classes will be live on members Instagram page **dcu_sport_online**