

DCU Sport Outdoor GFS 10-05-21

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am	Body Blast	Spin	Kettlebell	Spin	Kettlebell	
8:00am		Active for Life		Active for Life		
10:00am	Active for Life	Active for Life	Active for Life	Active for Life		Spin
11:00am	Online Active on Zoom		Online Active on Zoom			Body Blast
1:00pm	Spin	Spin	Spin	Spin	Spin	
1:00pm	Kettlebell	Body Blast	Pilates	Kettlebell		
5.15pm	Online Class on Zoom	Online Class on Zoom	Online Class on Zoom	Online Class on Zoom		
6.00pm	Spin	Spin	Spin	Spin	Pilates	
6.00pm	Pilates	Kettlebell	Body Blast			
7.00pm	Spin	Spin	Spin	Kettlebells	Spin	
7.00pm	Kettlebells	Body Blast	Kettlebells			

- All classes will be held outdoors on Running Track/Outdoor soccer pitch.
- If trouble booking classes email sports.complex@dcu.ie If no access to car park, arrive 20 minutes prior to class and go to reception to update band.
- No access to indoor facilities.
- Any other queries email sports.complex@dcu.ie