

University Sports Club Group Fitness Schedule

	10am	11:15am	1pm	1pm	5:15pm	6pm	6:45pm	7:30pm	8:15pm
Monday	Active for life*	Aqua Fit	Tae Bo*	Spinning	Spinning	Aerobics*	Body Tone*	Spinning	Abs Blast
	60mins A	45 mins P	45 mins A	45 mins S	45mins S	45mins A	40mins A	45mins S	15mins B

	10am	1pm	5:15pm	6pm	6:45pm	7:30pm
Tuesday	Active for life "Splash"	Boxercise*	Step*	Begin 2 Spin	Spinning	Abs Blast
	45 mins P	45mins A	45mins A	30mins S	45mins S	15mins B

	7:45am	1pm	1pm	5:15pm	6pm	6:15pm	6:45pm	7pm	8:00pm
Wednesday	Spinning	Spinning	Tae Bo*	Begin 2 Spin	Stability Ball*	Aqua Fit	Abs Blast	Super Spin	Abs Blast
	30 mins S	45mins S	45mins A	30mins S	45mins A	45mins P	15mins B	1hr S	15 mins B

	10am	11:15am	1pm	5:15pm	6:00pm	6:45pm	7:30pm
Thursday	Active For Life*	Aqua Fit	Circuits*	Begin 2 Step	Spinning	Abs Blast	Spinning
	60mins A	45mins P	45mins B	30mins A	45 mins S	15mins B	45 mins S

	1pm	5:15pm	5:45pm	6:00pm
Friday	Spinning	Begin 2 Spin	Abs Blast	Spinning
	45mins S	30mins S	15mins B	45 mins S

Key:

Beginner
Intermediate / Advanced
All Levels

	11am	11:45am
Saturday	Spinning	Abs Blast
	45mins S	15 mins B

Location: **A:** Aerobics Studio **P:** Pool **S:** Spinning Studio **B:** Balcony

* Non-member DCU students and staff can pay per class for these classes only

Note: Classes on this timetable will run **5th June - 2nd September 2007**

For further information, contact reception @ 7005797

