<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>7 AM</td>
<td>KETTLEBELL Emma (FTZ)</td>
<td>SPIN John (S)</td>
<td>PUMP &amp; TONE Denise (A)</td>
<td>SPIN Emma (S)</td>
<td>KETTLEBELL John (FTZ)</td>
<td>9:15 PILATES Denise (A)</td>
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<td>10 AM</td>
<td>ACTIVE FIT Emma (A)</td>
<td>SPIN John (S)</td>
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<td>PUMP N TONE John (A)</td>
<td>SPIN Denise (S)</td>
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<td>11 AM</td>
<td>AQUA FIT Emma (P)</td>
<td>SPIN John (S)</td>
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<tr>
<td>1 PM</td>
<td>SPIN John (S)</td>
<td>KETTLEBELL John (FTZ)</td>
<td>CIRCUITS* Denise (Arena)</td>
<td>TRX! John (FTZ)</td>
<td>SPIN John (S)</td>
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<td>ST Pats</td>
<td>BODYFLEX Grace (A)</td>
<td>BODYFLEX John</td>
<td>BODYFLEX Emma (A)</td>
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<td>5:15 PM</td>
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<td>PUMP N TONE Jack (A)</td>
<td>SPIN John (S)</td>
<td>KETTLEBELL Anthony (FTZ)</td>
<td>PUMP N TONE Anthony (A)</td>
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<td>5:30 PM</td>
<td>KETTLEBELL John (FTZ)</td>
<td>SPIN Eimear (S)</td>
<td>TRX! Emma (FTZ)</td>
<td>SPIN Jack/Eimear (S)</td>
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<td>6 PM</td>
<td>CORE ATTACK Denise (A)</td>
<td>CORE ATTACK Jack (A)</td>
<td>CORE ATTACK Grace (A)</td>
<td>CORE ATTACK Anthony (A)</td>
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<tr>
<td>6:15 PM</td>
<td>SPIN Denise (S)</td>
<td>BODYFLEX Eimear (A)</td>
<td>SPIN Emma (S)</td>
<td>PUMP N TONE Jack/Eimear (A)</td>
<td>SPIN Anthony (S)</td>
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<tr>
<td>6:30 PM</td>
<td>PUMP N TONE John (A)</td>
<td>KETTLEBELL John (FTZ)</td>
<td>PUMP N TONE John (A)</td>
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<tr>
<td>7 PM</td>
<td>TRX! Fiona (FTZ)</td>
<td>SPIN Jack (S)</td>
<td>KETTLEBELL Grace (FTZ)</td>
<td>SPIN Anthony (S)</td>
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<td>CORE ATTACK Emma (A)</td>
<td>CORE ATTACK Emma (A)</td>
<td>CORE ATTACK Jack (A)</td>
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<tr>
<td>8 PM</td>
<td>KETTLEBELL Fiona (FTZ)</td>
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<td>CORE ATTACK Jack (A)</td>
<td>CORE ATTACK John (A)</td>
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* This class is available for DCU Staff & Students non members for €2.

BOOK CLASSES ONLINE WWW.DCU.IE/DCUSPORT
DCU SPORT
FITNESS CLASS SCHEDULE
8 JANUARY - 19 MAY 2018

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