

DCU Sport  
Group Fitness Schedule  
Autumn 2008

1st September - 21st December 2008

	Morning			Lunch Time			Early Evening				Late Evening		
	7:45am	10am	11:15am	1pm	1pm	1:45pm	5:30pm	5:30pm	6:15pm	6:15pm	7:00pm	7:45pm	8:30pm
<b>Monday</b>	Spinning - 30 mins <b>A*</b>	Active for Life - 60 mins <b>A*</b>	Aqua Aerobics - 45 mins <b>P</b>		Tae Bo - 45 mins <b>A*</b>	Abs Blast - 15 mins <b>A*</b>	Begin to Spin - 30 mins <b>A*</b>		Power Hour - 45 mins <b>A*</b>	X-press Circuit 30 min <b>W</b>	Body Tone - 45 mins <b>A*</b>	Spinning - 45 mins <b>A*</b>	Boxercise - 45 mins <b>A*</b>
<b>Tuesday</b>	X-press Circuit 30 min <b>W</b>	Active for Life 'Splash' - 45 mins <b>A*</b>		X-press Circuit 30 min <b>W</b>	Spinning - 45 mins <b>A*</b>	Abs Blast - 15 mins <b>A*</b>	Step - 45 mins <b>A*</b>	X-press Circuit 30 min <b>W</b>	Spinning - 45 mins <b>A*</b>		Abs Blast - 15 mins <b>Q</b>	Power Hour - 45 mins <b>A*</b>	Abs Blast - 15 mins <b>Q</b>
<b>Wednesday</b>	Spinning - 30 mins <b>A*</b>	Active for Life - 60 mins <b>A*</b>	Parent & Toddler - 45 mins <b>P</b>		Tae Bo - 45 mins <b>A*</b>	Abs Blast - 15 mins <b>A*</b>	Begin to Spin - 30 mins <b>A*</b>		Stability Ball - 45 mins <b>A*</b>	X-press Circuit 30 min <b>W</b>	Spinning - 45 mins <b>A*</b>	Aqua Aerobics - 45 mins <b>P</b>	Abs Blast - 15 mins <b>Q</b>
<b>Thursday</b>		Active for Life - 60 mins <b>A*</b>	Aqua Aerobics - 45 mins <b>P</b>	X-press Circuit 30 min <b>W</b>	Spinning - 45 mins <b>A*</b>	Abs Blast - 15 mins <b>A*</b>	Begin to Step - 30 mins <b>A*</b>		Spinning - 45 mins <b>A*</b>	X-press Circuit 30 min <b>W</b>	Abs Blast - 15 mins <b>Q</b>	Boxercise - 45 mins <b>Q</b>	
<b>Friday</b>	Spinning - 30 mins <b>A*</b>				Spinning - 45 mins <b>A*</b>	Abs Blast - 15 mins <b>A*</b>	Spinning - 45 mins <b>A*</b>	X-press Circuit 30 min <b>W</b>	Teen Fitness - 45 mins <b>A</b>			Body Tone - 45 mins <b>Q</b>	Abs Blast - 15 mins <b>Q</b>
<b>Saturday</b>			X-press Circuit 30 min <b>W</b>		Body Tone - 45 mins <b>Q</b>		Spinning - 45 mins <b>A*</b>						
<b>Sunday</b>			X-press Circuit 30 min <b>W</b>				Spinning - 45 mins <b>A*</b>						

**Please Note:**

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

2 Participants are required for classes to commence

Participants **MUST** sign in with the instructor before the class commences

All classes will cater for all fitness levels

Please contact reception at 01 7005797 for further information

Participants must follow the 'Code of Conduct' for studios, which is displayed in each studio



**If you are a new user to our facility, book in for an induction to the fitness centre with one of our instructors, today!**

**DCU Sport  
Group Fitness Schedule  
Autumn 2008**

**1st September - 21st December 2008**