

Fitness Classes Timetable

From Monday 31 August until Sunday 13 December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
7:15-7:45 HIIT Cycle Spin Studio	7:15-7:45 HIIT Cycle Spin Studio	7:15-8:00 Yogalates Wellness Studio	7:15-7:45 HIIT Cycle Spin Studio	7:15-7:45 Core & Stability Wellness Studio	10:05-10:50 Strength & Conditioning Ancillary Hall	10:15-10:45 HIIT Cycle Spin Studio
8:15-8:45 Strength & Core Fitness studio	8:05-8:40 Learn to Meditate Wellness Studio	8:15-8:45 Strength & Core Fitness studio	8:15-8:45 Stretch & Flex Wellness Studio	8:15-8:45 HIIT Cycle Spin Studio	11:15-12:00 Core Strength Wellness Studio	11:05-12:05 Yoga* Elizabeth Wellness Studio
11:15-11:45 Stretch & Flex Wellness Studio	10:15-10:45 HIIT Fitness studio	12:15-13:00 Yogalates Wellness Studio	12:15-12:45 Strength & Core Fitness studio	13:15-13:45 HIIT Cycle Spin Studio	12:05-13:05 Yoga* Clara Wellness Studio	12:15-13:15 Yoga* Elizabeth Wellness Studio
12:15-13:00 Yogalates Wellness Studio	12:15-13:00 Yogalates Wellness Studio	12:05-12:50 Studio Cycling Spin Studio	13:15-13:45 HIIT Cycle Spin Studio	13:05-13:55 Pilates* Lena Wellness Studio	13:15-13:45 HIIT Cycle Spin Studio	13:05-13:50 Bodyweight Burn Fitness studio
12:15-12:45 HIIT Kettlebells & Core Fitness Studio	13:05-13:50 Kettlebells & Core Fitness Studio	13:05-13:55 Box Fit Fitness studio	13:05-13:50 Strength & Conditioning Ancillary Hall	13:05-13:50 Bodyweight Burn Fitness studio		
13:05-13:50 Box Fit Fitness Studio	13:05-13:50 Strength & Conditioning Ancillary Hall	13:05-13:55 Core Strength Wellness Studio	17:15-17:45 HIIT Cycle Spin Studio	17:15-17:45 HIIT Fitness studio		
13:05-13:50 Studio Cycling Spin Studio	13:05-13:55 Pilates * Karita Wellness Studio	15:30-16:00 HIIT Fitness studio	18:15-18:45 HIIT Rip 60 & Kettlebells Fitness studio	18:15-18:45 HIIT Cycle Spin Studio		
15:05-15:40 Learn to Meditate Wellness Studio	16:15-17:00 Yogalates Wellness Studio	16:15-17:00 Box Fit Fitness Studio	19:15-19:45 Core & Stability Wellness Studio			
16:15-17:00 Yogalates Wellness Studio	17:15-17:45 Desk Revival Wellness Studio	16:15-17:00 Yogalates Wellness Studio				
17:15-18:00 Pump N Bum Fitness Studio	18:05-18:50 Box Fit Fitness Studio	17:15-18:00 Pump N Bum Fitness Studio				
17:15-18:00 Studio Cycling Spin Studio	18:15-19:00 Studio Cycling Spin Studio	18:15-18:45 HIIT Cycle Spin Studio				
18:15-19:00 Kettlebells & Core Fitness Studio		18:15-19:00 Kettlebells & Core Fitness Studio				
		19:10-19:45 Learn to Meditate Wellness Studio				

* Not included in your membership



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