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| **ACTIVITY** | **LOCATION** | **TIME** | **INSTRUCTOR** | **START DATE** | **END DATE** |
| **Boxing**  Max 12 | St Agnes Boxing Club | 5.15-6.30 pm  11 WEEKS | Jimmy McGrath | Monday  17 January | Monday  4 April |
| Beginners **Guitar**  Max 7 | ZOOM | 5.45-6.20 pm  11 WEEKS | Brendan Popplestone | Monday  17 January | Monday  4 April |
| Improvers **Guitar**  Max 7 | ZOOM | 6.30-7.05 pm  11 WEEKS | Brendan Popplestone | Monday  17 January | Monday  4 April |
| **Pilates**  Max 14 | ZOOM | 6.30-7.30 pm  11 WEEKS | Lisa Maxwell | Monday  17 January | Monday  4 April |
| **Yoga**  Max 14 | ZOOM | 7.30-8.30 pm  10 WEEKS | Brenda Cafolla | Monday  17 January | Monday  4 April |
| **Pilates**  Max 14 | ZOOM | 7.15-8.15 pm  11 WEEKS | Linda Fennell | Monday  17 January | Monday  4 April |
| **Physio-assistant led Pilates**  Max 12 | ZOOM | 7.30-8.30 pm  11 WEEKS | Elaine MacFarlane | Monday  17 January | Monday  4 April |
| **Physio-led Pilates**  **Beginners**  Max 12 | ZOOM | 7.00-8.00 pm  11 WEEKS | Jean Byrne | Monday  17 January | Monday  4 April |
| **Physio-led Pilates**  **Improvers**  Max 12 | ZOOM | 8.15-9.15 pm  11 WEEKS | Jean Byrne | Monday  17 January | Monday  4 April |
| **Football**  Max 15 | Grosvenor Recreation Centre | 5.00-6.00 pm  12 WEEKS | [Derek and Tony H4U] | Tuesday  11 January | Tuesday  5 April |
| **Pilates**  Max 14 | ZOOM | 5.30-6.30 pm  11 WEEKS | Fionnuala Keohane | Tuesday  18 January | Tuesday  5 April |
| **Pilates**  Max 14 | ZOOM | 8.00-9.00 pm  11 WEEKS | Linda Fennell | Tuesday  18 January | Tuesday  5 April |
| **Choir**  No limit | ZOOM | 6.45-8.00 pm  11 WEEKS | Keith Acheson | Tuesday  18 January | Tuesday  5 April |
| **Zumba**  No limit | ZOOM | 5.45-6.45 pm  11 WEEKS | Maura Ward | Tuesday  18 January | Tuesday  5 April |
| **Basic Spanish**  Max 15 | ZOOM | 6.30-7.30 pm  9 WEEKS | Jemma Mulligan | Tuesday  18 January | Tuesday  15 March |
| **Watercolour Painting**  Max 15 | ZOOM | 7.00-8.30 pm  10 WEEKS | Beverley Healy  NB: Commitment to attend is essential. A materials pack will be sent to you which MUST be returned in the event of non-attendance. | Tuesday  25 January | Tuesday  5 April |

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| **ACTIVITY** | **LOCATION** | **TIME** | **INSTRUCTOR** | **START DATE** | **END DATE** |
| **Beginners Photography**  Max 20 | ZOOM | 7.00-8.00 pm  6 WEEKS | Carrie Davenport  Have your digital camera charged! | Wednesday  9 February | Wednesday  16 March |
| **Yoga**  Max 14 | ZOOM | 7.00-8.00 pm  11 WEEKS | Patricia Gormley | Wednesday  19 January | Wednesday  6 April |
| **Physio Assistant-led Pilates**  Max 12 | ZOOM | 6.30-7.30 pm  11 WEEKS | Elaine MacFarlane | Wednesday  19 January | Wednesday  6 April |
| **Physio-led Pilates Intermediate**  Max 12 | ZOOM | 7.00-8.00 pm  11 WEEKS | Grainne McCavery | Wednesday  19 January | Wednesday  6 April |
| **Physio-led Pilates**  **Beginners**  Max 12 | ZOOM | 8:15-9:15 pm  11 WEEKS | Grainne McCavery | Wednesday  19 January | Wednesday  6 April |
| **Boxercise**  Max 12 | St Agnes Boxing Club | 5.15-6.30 pm  11 WEEKS | Jimmy McGrath | Wednesday  19 January | Wednesday  6 April |
| **Football**  Max 15 | Grosvenor Recreation Centre | 5.00-6.00 pm  12 WEEKS | [Derek and Tony H4U] | Thursday  13 January  **(TBD: 17 MAR – ST PATRICK’S)** | Thursday  7 April |
| **Zumba**  No limit | ZOOM | 5.45-6.45 pm  10 WEEKS | Maura Ward | Thursday  20 January  **17 MAR – ST PATRICK’S DAY NO CLASS** | Thursday  7 April |
| **Pilates**  Max 14 | ZOOM | 7.00-8.00 pm  10 WEEKS | Lisa Maxwell | Thursday  20 January  **17 MAR – ST PATRICK’S DAY NO CLASS** | Thursday  7 April |
| **Yoga**  Max 14 | ZOOM | 6.15-7.15 pm  10 WEEKS | Nicki Fulcher | Thursday  20 January  **17 MAR – ST PATRICK’S DAY NO CLASS** | Thursday  7 April |
| **Yoga**  Max 14 | ZOOM | 7.30-8.30 pm  10 WEEKS | Nicki Fulcher | Thursday  20 January  **17 MAR – ST PATRICK’S DAY NO CLASS** | Thursday  7 April |
| **Pilates**  Max 14 | ZOOM | 8.30-9.30 pm  10 WEEKS | Fionnuala Keohane | Thursday  20 January  **17 MAR – ST PATRICK’S DAY NO CLASS** | Thursday  7 April |

**ONE-OFF ACTIVITY:**

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| **ACTIVITY** | **LOCATION** | **TIME** | **INSTRUCTOR** | **DATE** |
| **Online Macrame**  Max 12 | ZOOM | 7.30-8.30 pm | Claire Dunwoody | Thursday 10 February |