

HERE4U ACTIVITIES **Covid-19 Restrictions Still Applicable**
Commencing Monday 23rd January 2023 – 27th March 2023

ACTIVITY	LOCATION	TIME	INSTRUCTOR	START DATE	END DATE
Mondays					
Boxing Max 12	St Agnes Boxing Club	5.15-6.30 pm 10 WEEKS	Jimmy McGrath	Monday 23 /01/2023	Monday 27/03/2023
Walking Football Max 16	Acute mental Health Inpatient Centre Gym BCH	5pm-6pm	Eamonn Quinn	Monday 23 /01/2023	Monday 27/03/2023
Improvers Guitar Max 10	ZOOM	6.30-7.05 pm 10 WEEKS	Brendan Poppleston	Monday 23 /01/2023	Monday 27/03/2023
Pilates Max 14	ZOOM	6.30-7.30 pm 10 WEEKS	Lisa Maxwell	Monday 23 /01/2023	Monday 27/03/202
Yoga Max 14	ZOOM	7.30-8.30 pm 10 WEEKS	Brenda Cafolla	Monday 23 /01/2023	Monday 27/03/2023
Pilates Max 12	ZOOM	7.30-8.30 pm 10 WEEKS	Elaine MacFarlane	Monday 23 /01/2023	Monday 27/03/2023
Pilates Beginners Max 12	ZOOM	7.00-8.00 pm 10 WEEKS	Jean Byrne	Monday 23 /01/2023	Monday 27/03/2023
Pilates Improvers Max 12	ZOOM	8.15-9.15 pm 10 WEEKS	Jean Byrne	Monday 23 /01/2023	Monday 27/03/2023
ACTIVITY	LOCATION	TIME	INSTRUCTOR	START DATE	END DATE
Tuesday					
Pilates Max 15	ZOOM	10.00 - 11.00am 10 WEEKS	Linda Fennell	Tuesday 24/01/2023	Tuesday 28/03/2023
Football Max 20	Grosvenor Recreation Centre	5.00-6.00 pm 10 WEEKS	[Derek and Tony H4U]	Tuesday 24/01/2023	Tuesday 28/03/2023
Pilates Max 15	ZOOM	5.30-6.30 pm 10 WEEKS	Fionnuala Keohane	Tuesday 24/01/2023	Tuesday 28/03/2023
Pilates Max 15	ZOOM	8.00-9.00 pm 10 WEEKS	Linda Fennell	Tuesday 24/01/2023	Tuesday 28/03/2023
Choir No limit	MPH Church	5.45-7.00 pm 10 WEEKS	Keith Acheson	Tuesday 24/01/2023	Tuesday 28/03/2023

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Zumba No limit	ZOOM	5.45-6.45 pm 10 WEEKS	Maura Ward	Tuesday 24/01/2023	Tuesday 28/03/2023
Basic Spanish Max 15	ZOOM	6.30-7.30 pm 10 WEEKS	Jemma Mulligan	Tuesday 24/01/2023	Tuesday 28/03/2023
ACTIVITY	LOCATION	TIME	INSTRUCTOR	START DATE	END DATE
Wednesday					
Yoga Max 20	ZOOM	6.00-7.00 pm 10 WEEKS	Patricia Gormley	Wednesday 25/01/2023	Wednesday 29/03/2023
Boxercise Max 12	St Agnes Boxing Club	5.15-6.30 pm 10 WEEKS	Jimmy McGrath	Wednesday 25/01/2023	Wednesday 29/03/2023
ACTIVITY	LOCATION	TIME	INSTRUCTOR	START DATE	END DATE
Thursday					
Football Max 20	Grosvenor Recreation Centre	5.00-6.00 pm 10 WEEKS	[Derek and Tony H4U]	Thursday 26/01/2023	Thursday 30/03/2023
Zumba No limit	ZOOM	5.45-6.45 pm 10 WEEKS	Maura Ward	Thursday 26/01/2023	Thursday 30/03/2023
Pilates Max 14	ZOOM	7.00-8.00 pm 10 WEEKS	Lisa Maxwell	Thursday 26/01/2023	Thursday 30/03/2023
Yoga Max 14	ZOOM	7.00-8.00 pm 10 WEEKS	Nicki Fulcher	Thursday 26/01/2023	Thursday 30/03/2023
Pilates Max 14	ZOOM	8.30-9.30 pm 10 WEEKS	Fionnuala Keohane	Thursday 26/01/2023	Thursday 30/03/2023