

HERE4U ACTIVITIES

Commencing Monday 29th January – Thursday 21st March 2024

ACTIVITY	LOCATION	TIME	INSTRUCTOR	START DATE	END DATE
Monday **					
Boxing Max 14	St Agnes Boxing Club	5.15-6.30 pm 8 WEEKS	Jimmy McGrath	Monday 29/01/24	Monday 18/03/24
Yoga Max 20	ZOOM	7.30-8.30 pm 8 WEEKS	Eileen Rocks	Monday 29/01/24	Monday 18/03/24
Pilates Beginners Max 12	ZOOM	6.00-7.00 pm 8 WEEKS	Jean Byrne	Monday 29/01/24	Monday 18/03/24
Pilates Improvers Max 12	ZOOM	7.00-8.00pm 8 weeks	Jean Byrne	Monday 29/01/24	Monday 18/03/24
Pilates Advanced Max 12	ZOOM	8.00-9.00pm 8 WEEKS	Jean Byrne	Monday 29/01/24	Monday 18/03/24
Pilates Max 14	ZOOM	6.30-7.30pm 8 WEEKS	Lisa Maxwell	Monday 29/01/24	Monday 18/03/24
**	Mon 18 th March is Stat holiday for St Patrick's Day. Groups may choose to meet on Mon 25 th instead, subject to tutor approval and sufficient numbers.				
Tuesday					
Football Max 20	Grosvenor Recreation Centre	5.00-6.00 pm 8 WEEKS	Adam Stanley Philip Frizzell	Tuesday 30/01/24	Tuesday 19/03/24
Pilates Max 15	ZOOM	6 pm – 7pm 8 WEEKS	Fionnuala Keohane	Tuesday 30/01/24	Tuesday 19/03/24
Pilates Max 15	ZOOM	8.00-9.00 pm 8 WEEKS	Linda Fennell	Tuesday 30/01/24	Tuesday 19/03/24
Choir No limit	Musgrave Park Hospital Church	5.45-7.00 pm 8 WEEKS	Keith Acheson	Tuesday 30/01/24	Tuesday 19/03/24
Zumba No limit	ZOOM	5.45-6.45 pm 8 WEEKS	Maura Ward	Tuesday 30/01/24	Tuesday 19/03/24
Wednesday					
Yoga Max 15	ZOOM	6.00-7.00pm 8 WEEKS	Patricia Gormley	Wednesday 31/01/24	Wednesday 20/03/24
Boxercise Max 15	St Agnes Boxing Club	5.15-6.30 pm 8 WEEKS	Jimmy McGrath	Wednesday 31/01/24	Wednesday 20/03/24
Drawing Class (15)	ZOOM	7 -8.30pm 8 weeks (none on 14 th Feb)	Beverly Healey	Wednesday 24/01/24	Wednesday 20/03/24

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ACTIVITY	LOCATION	TIME	INSTRUCTOR	START DATE	END DATE
Thursday					
Football Max 20	Grosvenor Recreation Centre	5.00-6.00 pm 8 WEEKS	Adam Stanley Philip Frizzell	Thursday 01/02/24	Thursday 21/03/24
Zumba No limit	ZOOM	5.45-6.45 pm 8 WEEKS	Maura Ward	Thursday 01/02/24	Thursday 21/03/24
Pilates Max 14	ZOOM	7.00-8.00 pm 8 WEEKS	Lisa Maxwell	Thursday 01/02/24	Thursday 21/03/24
Yoga Max 14	ZOOM	7.00-8.00 pm 8 WEEKS	Nicki Fulcher	Thursday 01/02/24	Thursday 21/03/24
Beginners Pilates Max 15	ZOOM	7.30pm-8.30pm 8 WEEKS	Linda Fennell	Thursday 01/02/24	Thursday 21/03/24
Pilates Max 14	ZOOM	8.30-9.30 pm 8 WEEKS	Fionnuala Keohane	Thursday 01/02/24	Thursday 21/03/24