

**HERE4U****FREE** January to April Activities 2025

# IN PERSON CLASSES

## LOCATION

## \* MONDAY

<b>St Agnes</b>  <b>Boxing Club</b> Andersonstown Rd, Belfast BT11 9AJ	<b>BOXING</b>			10 Weeks Max: 16
	<b>START DATE</b>	<b>END DATE</b>	<b>TIME</b>	<b>INSTRUCTOR</b>
	27 <sup>th</sup> January	31 <sup>st</sup> March	5.30 – 6.30 pm	Jimmy McGrath
<b>Bradbury Centre</b>  1-17 Lisburn Road Belfast BT9 7AA	<b>YOGA</b>			8 Weeks Max: 15
	<b>START DATE</b>	<b>END DATE</b>	<b>TIME</b>	<b>INSTRUCTOR</b>
	27 <sup>th</sup> January	17 <sup>th</sup> March	5.45 – 6.45 pm	Sharon Jennings
<b>Musgrave Park Hospital</b>  Mitre Seminar Room	<b>Physio-led BEGINNERS PILATES</b>			8 Weeks Max: 16
	<b>START DATE</b>	<b>END DATE</b>	<b>TIME</b>	<b>INSTRUCTOR</b>
	27 <sup>th</sup> January	17 <sup>th</sup> March	4.45 – 5.30 pm	Jean Byrne
	<b>Physio-led IMPROVERS PILATES</b>			8 Weeks Max: 16
	<b>START DATE</b>	<b>END DATE</b>	<b>TIME</b>	<b>INSTRUCTOR</b>
	27 <sup>th</sup> January	17 <sup>th</sup> March	5.35 – 6.20 pm	Jean Byrne

\* Monday 17<sup>th</sup> March is a Bank Holiday. Subject to Instructor approval, groups may choose to cancel this class and move to 24<sup>th</sup> March (8wk class) or 7<sup>th</sup> April (10wk class).

## LOCATION

## TUESDAY

<b>Musgrave Park Hospital</b>  Church	<b>CHOIR</b>			10 Weeks Max: No Limit
	<b>START DATE</b>	<b>END DATE</b>	<b>TIME</b>	<b>INSTRUCTOR</b>
	28 <sup>th</sup> January	1 <sup>st</sup> April	5.45 – 7.00 pm	Keith Acheson

<b>Grosvenor Recreation Centre</b> 162 Grosvenor Road, Belfast BT	<b>FOOTBALL</b>			10 Weeks Max: 20
	<b>START DATE</b>	<b>END DATE</b>	<b>TIME</b>	<b>INSTRUCTOR</b>
	28 <sup>th</sup> January	1 <sup>st</sup> April	5.00 – 6.00 pm	Adam Stanley
<b>Musgrave Park Hospital</b> Mitre Seminar Room	<b>Physio-led BEGINNERS PILATES</b>			8 Weeks Max: 16
	<b>START DATE</b>	<b>END DATE</b>	<b>TIME</b>	<b>INSTRUCTOR</b>
	28 <sup>th</sup> January	18 <sup>th</sup> March	4.45 – 5.30 pm	Jean Byrne
<b>Gadd Group Health Centre</b> 113 Ravenhill Road Belfast, BT6 8DR	<b>SOMATIC BREATHWORK</b>			8 Weeks Max: 8
	<b>START DATE</b>	<b>END DATE</b>	<b>TIME</b>	<b>INSTRUCTOR</b>
	28 <sup>th</sup> January	18 <sup>th</sup> March	6.30 – 7.30 pm	Ben Gadd
<b>Knockbracken Healthcare Park</b> Knockbracken Hall	<b>ZUMBA</b>			8 Weeks Max: 30
	<b>START DATE</b>	<b>END DATE</b>	<b>TIME</b>	<b>INSTRUCTOR</b>
	28 <sup>th</sup> January	18 <sup>th</sup> March	6.00 – 7.00 pm	Maura Ward



<b>LOCATION</b>	<b>WEDNESDAY</b>
-----------------	------------------

<b>St Agnes Boxing Club</b> Andersonstown Rd, Belfast BT11 9AJ	<b>BOXING</b>			10 Weeks Max: 20
	<b>START DATE</b>	<b>END DATE</b>	<b>TIME</b>	<b>INSTRUCTOR</b>
	29 <sup>th</sup> January	2 <sup>nd</sup> April	5.30 – 6.30 pm	Jimmy McGrath
<b>Bradbury Centre</b> 1-17 Lisburn Road Belfast BT9 7AA	<b>*UKULELE LESSONS</b>			10 Weeks Max: 20
	<b>START DATE</b>	<b>END DATE</b>	<b>TIME</b>	<b>INSTRUCTOR</b>
	29 <sup>th</sup> January	2 <sup>nd</sup> April	5.30 – 7.00 pm	Sean Lawlor

\* Ukulele's not provided.

<b>LOCATION</b>	<b>THURSDAY</b>			
<b>Knockbracken Healthcare Park</b> Knockbracken Hall	<b>CIRCUITS</b>			10 Weeks Max: 20
	<b>START DATE</b>	<b>END DATE</b>	<b>TIME</b>	<b>INSTRUCTOR</b>
	30 <sup>th</sup> January	3 <sup>rd</sup> April	5.30 – 6.30 pm	Will Moore
<b>Grosvenor Recreation Centre</b> 162 Grosvenor Road, Belfast BT	<b>FOOTBALL</b>			10 Weeks Max: 20
	<b>START DATE</b>	<b>END DATE</b>	<b>TIME</b>	<b>INSTRUCTOR</b>
	30 <sup>th</sup> January	3 <sup>rd</sup> April	5.00 – 6.00 pm	Adam Stanley
<b>Royal Victoria Hospital</b> Dynes Room Elliot Dynes Building	<b>YOGA</b>			8 Weeks Max: 10
	<b>START DATE</b>	<b>END DATE</b>	<b>TIME</b>	<b>INSTRUCTOR</b>
	30 <sup>th</sup> January	20 <sup>th</sup> March	6.00 – 7.00 pm	Lore Montano
<b>S Gadd Group Health Centre</b> 113 Ravenhill Road Belfast, BT6 8DR	<b>SOMATIC BREATHWORK</b>			8 Weeks Max: 8
	<b>START DATE</b>	<b>END DATE</b>	<b>TIME</b>	<b>INSTRUCTOR</b>
	30 <sup>th</sup> January	20 <sup>th</sup> March	6.30 – 7.30 pm	Ben Gadd