

ZOOM CLASSES

* MONDAY

PILATES 8 Weeks. Max: 18	START DATE	END DATE	TIME	INSTRUCTOR
	27 th January	17 th March	6.30 – 7.30 pm	Lisa Maxwell

* Monday 17th March is a Bank Holiday. Subject to Instructor approval, the group may choose to cancel this class and move to 24th March.

TUESDAY

Physio-led ADVANCED PILATES 8 Weeks. Max: 16	START DATE	END DATE	TIME	INSTRUCTOR
	28 th January	18 th April	7.00 – 8.00 pm	Jean Byrne
* BEGINNERS WATERCOLOUR 10 Weeks. Max: 16	START DATE	END DATE	TIME	INSTRUCTOR
	28 th January	1 st April	7.00 – 8.30 pm	Beverley Healy
PILATES 8 Weeks. Max: 18	START DATE	END DATE	TIME	INSTRUCTOR
	28 th January	18 th March	8.00 – 9.00 pm	Linda Fennell

* Art materials not provided.



WEDNESDAY

YOGA	START DATE	END DATE	TIME	INSTRUCTOR
8 Weeks. Max: 18	29th January	19th March	5.45 – 6.30 pm	Nicki Fulcher



THURSDAY

YOGA 8 Weeks. Max: 18	START DATE	END DATE	TIME	INSTRUCTOR
	30th January	20th March	7.00 – 8.00 pm	Nicki Fulcher
BEGINNERS PILATES 8 Weeks. Max: 18	START DATE	END DATE	TIME	INSTRUCTOR
	30th January	20th March	7.30 – 8.30 pm	Linda Fennell
PILATES 8 Weeks. Max: 18	START DATE	END DATE	TIME	INSTRUCTOR
	30th January	20th March	7.00 – 8.00 pm	Lisa Maxwell
ZUMBA 8 Weeks. Max: No Limit	START DATE	END DATE	TIME	INSTRUCTOR
	30th January	20th March	5.45 – 6.45 pm	Maura Ward

