 <b>IN PERSON CLASSES</b>				
<b>LOCATION</b>	<b>MONDAY</b>			
<b>St Agnes</b> <b>Boxing Club</b> Andersonstown Rd, Belfast BT11 9AJ	<b>BOXING</b>			9 Weeks Max: 20
	<b>START DATE</b>	<b>END DATE</b>	<b>TIME</b>	<b>INSTRUCTOR</b>
	12 <sup>th</sup> May	7 <sup>th</sup> July	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>
	12 <sup>th</sup> May	30 <sup>th</sup> June	5.45 – 6.45 pm	Sharon Jennings
<b>LOCATION</b>	<b>TUESDAY</b>			
<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>
	6 <sup>th</sup> May	8 <sup>th</sup> July	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>
	6 <sup>th</sup> May	8 <sup>th</sup> July	5.00 – 6.00 pm	Adam Stanley
<b>Musgrave Park Hospital</b> Mitre Seminar Room	<b>Physio-led BEGINNERS PILATES *(1)</b>			8 Weeks Max: 16
	<b>START DATE</b>	<b>END DATE</b>	<b>TIME</b>	<b>INSTRUCTOR</b>
	6 <sup>th</sup> May	24 <sup>th</sup> June	*4.45 – 5.30pm	Jean Byrne
	<b>Physio-led BEGINNERS PILATES *(2)</b>			8 Weeks Max: 16
	<b>START DATE</b>	<b>END DATE</b>	<b>TIME</b>	<b>INSTRUCTOR</b>
	6 <sup>th</sup> May	24 <sup>th</sup> June	*5.35 – 6.20pm	Jean Byrne

## Summer May to July Activities 2025

<b>Musgrave Park Hospital</b> Mitre Seminar Room	<b>Physio-led IMPROVERS PILATES</b>			8 Weeks Max: 16
	<b>START DATE</b>	<b>END DATE</b>	<b>TIME</b>	<b>INSTRUCTOR</b>
	6 <sup>th</sup> May	24 <sup>th</sup> June	6.25 – 7.25 pm	Jean Byrne
<b>Knockbracken Healthcare Park</b> Knockbracken Hall	<b>YOGA</b>			8 Weeks Max: 18
	<b>START DATE</b>	<b>END DATE</b>	<b>TIME</b>	<b>INSTRUCTOR</b>
	6 <sup>th</sup> May	24 <sup>th</sup> June	6.30 – 7.30 pm	JoAnn McIlroy
<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>
	6 <sup>th</sup> May	24 <sup>th</sup> June	6.30 – 7.30 pm	Ben Gadd

\* To get optimum benefits from Breathwork, it is important to commit to the full course.

<b>LOCATION</b>	<b>WEDNESDAY</b>
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<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>
	7 <sup>th</sup> May	9 <sup>th</sup> July	5.30 – 6.30 pm	Jimmy McGrath
<b>Musgrave Park Hospital</b> Betty Chambers Room	<b>*PHOTOGRAPHY</b>			6 Weeks Max: 16
	<b>START DATE</b>	<b>END DATE</b>	<b>TIME</b>	<b>INSTRUCTOR</b>
	14 <sup>th</sup> May	18 <sup>th</sup> June	6.30 – 8.30 pm	Carry Davenport

\* Limited number of camera's available if required



<b>Bradbury Centre</b> 1-17 Lisburn Road Belfast BT9 7AA	<b>*UKULELE LESSONS</b>			10 Weeks Max: 30
	<b>START DATE</b>	<b>END DATE</b>	<b>TIME</b>	<b>INSTRUCTOR</b>
	7 <sup>th</sup> May	9 <sup>th</sup> July	5.30 – 7.00 pm	Sean Lawlor

\* Ukulele's not provided.

# Summer May to July Activities 2025

LOCATION	THURSDAY			
<b>Knockbracken Healthcare Park</b> Knockbracken Hall	<b>CIRCUITS</b>			10 Weeks Max: 30
	START DATE	END DATE	TIME	INSTRUCTOR
	8 <sup>th</sup> May	10 <sup>th</sup> July	5.30 – 6.30 pm	Will Moore
<b>Grosvenor Recreation Centre</b> 162 Grosvenor Road, Belfast BT12 5AT	<b>FOOTBALL</b>			10 Weeks Max: 20
	START DATE	END DATE	TIME	INSTRUCTOR
	8 <sup>th</sup> May	10 <sup>th</sup> July	5.00 – 6.00 pm	Adam Stanley
<b>Royal Victoria Hospital</b> EENT Building Sayers Room	<b>YOGA</b>			8 Weeks Max: 12
	START DATE	END DATE	TIME	INSTRUCTOR
	8 <sup>th</sup> May	26 <sup>th</sup> June	6.00 – 7.00 pm	Lore Montano
<b>Gadd Group Health Centre</b> 113 Ravenhill Road Belfast, BT6 8DR	<b>SOMATIC BREATHWORK</b>			8 Weeks Max: 8
	START DATE	END DATE	TIME	INSTRUCTOR
	8 <sup>th</sup> May	26 <sup>th</sup> June	6.30 – 7.30 pm	Ben Gadd

\* To get optimum benefits from Breathwork, it is important to commit to the full course.

EVENT	SATURDAY			
 <b>Challenge Walks</b>	<b>INTERMEDIATE</b>	DATE	TIME	
	Exploring Slievenacloy	24 <sup>th</sup> May	10am – 11.30am	
	<b>ADVANCED</b>	DATE	TIME	
	Cave Hill (McArts Fort) Hike	14 <sup>th</sup> June	10am – 1pm	

\* Please see 'Challenge Walks' poster for full details of both walks.