

## ZOOM CLASSES

### MONDAY

<b>PILATES</b> 8 Weeks. Max: 18	START DATE	END DATE	TIME	INSTRUCTOR
	12 <sup>th</sup> May	30 <sup>th</sup> June	6.30 – 7.30 pm	Lisa Maxwell
<b>Physio-led ADVANCED PILATES</b> 8 Weeks. Max: 18	START DATE	END DATE	TIME	INSTRUCTOR
	5 <sup>th</sup> May	23 <sup>rd</sup> June	8.00 – 9.00 pm	Jean Byrne

### TUESDAY

<b>PILATES</b> 8 Weeks. Max: 18	START DATE	END DATE	TIME	INSTRUCTOR
	6 <sup>th</sup> May	24 <sup>th</sup> June	8.00 – 9.00 pm	Linda Fennell
<b>*BEGINNERS WATERCOLOUR</b> 9 Weeks. Max: 16	START DATE	END DATE	TIME	INSTRUCTOR
	6 <sup>th</sup> May	8 <sup>th</sup> July	7.00 – 8.30 pm	Beverley Healy

\* Art materials not provided. A basic materials list will be provided before the course begins, (no class on Tuesday 17<sup>th</sup> June).

### WEDNESDAY

<b>YOGA</b> 8 Weeks. Max: 18	START DATE	END DATE	TIME	INSTRUCTOR
	7 <sup>th</sup> May	25 <sup>th</sup> June	5.45 – 6.30 pm	Nicki Fulcher

### THURSDAY

<b>YOGA</b> 8 Weeks. Max: 18	START DATE	END DATE	TIME	INSTRUCTOR
	8 <sup>th</sup> May	26 <sup>th</sup> June	7.00 – 8.00 pm	Nicki Fulcher
<b>BEGINNERS PILATES</b> 8 Weeks. Max: 18	START DATE	END DATE	TIME	INSTRUCTOR
	8 <sup>th</sup> May	26 <sup>th</sup> June	7.30 – 8.30 pm	Linda Fennell