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| **IN PERSON CLASSES** | | | | | | | |
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| **LOCATION** | **MONDAY** | | | | | | |
| **St Agnes**  **Boxing Club** Andersonstown Rd, Belfast BT11 9AJ | **BOXING** | | | | | | **10 Weeks**  **Max: 20** |
| **START DATE** | | | **END DATE** | | **TIME** | **INSTRUCTOR** |
| **29th Sept** | | | **1st Dec** | | **5.30 – 6.30 pm** | **Jimmy McGrath** |
| **Bradbury Centre**  1-17 Lisburn Road  Belfast BT9 7AA | **YOGA** | | | | | | **8 Weeks**  **Max: 15** |
| **START DATE** | | **END DATE** | | **TIME** | | **INSTRUCTOR** |
| **29th Sept** | | **17th Nov** | | **5.45 – 6.45 pm** | | **Sharon Jennings** |
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| **LOCATION** | **TUESDAY** | | | | | | |
| **Musgrave Park Hospital**  Church | **CHOIR** | | | | | | **13 Weeks**  **Max: No Limit** |
| **START DATE** | | **END DATE** | | **TIME** | | **INSTRUCTOR** |
| **9th Sept** | | **2nd Dec** | | **5.45 – 7.00 pm** | | **Keith Acheson** |
| Grosvenor Recreation Centre  162 Grosvenor Road, Belfast BT | **FOOTBALL** | | | | | | **10 Weeks**  **Max: 20** |
| **START DATE** | | **END DATE** | | **TIME** | | **INSTRUCTOR** |
| **30th Sept** | | **2nd Dec** | | **5.00 – 6.00 pm** | | **Adam Stanley** |
| **Musgrave Park Hospital**  Mitre Seminar Room  **Musgrave Park Hospital**  Mitre Seminar Room | **Physio-led BEGINNERS PILATES (1)** | | | | | | **8 Weeks**  **Max: 16** |
| **START DATE** | | **END DATE** | | **TIME** | | **INSTRUCTOR** |
| **30th Sept** | | **18th Nov** | | **4.45 – 5.30pm** | | **Jean Byrne** |
| **Physio-led BEGINNERS PILATES (2)** | | | | | | **8 Weeks**  **Max: 16** |
| **START DATE** | | **END DATE** | | **TIME** | | **INSTRUCTOR** |
| **30th Sept** | | **18th Nov** | | **5.35 – 6.20pm** | | **Jean Byrne** |
| **Physio-led IMPROVERS PILATES** | | | | | | **8 Weeks**  **Max: 16** |
| **START DATE** | | **END DATE** | | **TIME** | | **INSTRUCTOR** |
| **30th Sept** | | **18th Nov** | | **6.25 – 7.25 pm** | | **Jean Byrne** |
| **Knockbracken Healthcare Park**  Knockbracken Hall | **YOGA** | | | | | | **8 Weeks**  **Max: 18** |
| **START DATE** | | **END DATE** | | **TIME** | | **INSTRUCTOR** |
| **30th Sept** | | **18th Nov** | | **6.30 – 7.30 pm** | | **JoAnn McIlroy** |
| **Gadd Group Health Centre**  113 Ravenhill Road  Belfast, BT6 8DR | **\*SOMATIC BREATHWORK** | | | | | | **8 Weeks**  **Max: 8** |
| **START DATE** | **END DATE** | | | **TIME** | | **INSTRUCTOR** |
| **30th Sept** | **18th Nov** | | | **6.30 – 7.30 pm** | | **Paul McAllister** |
| \* **To get optimum benefits from Breathwork, it is important to commit to the full course.** | | | | | | | |
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| **LOCATION** | **WEDNESDAY** | | | | | | |
| **St Agnes**  **Boxing Club** Andersonstown Rd, Belfast BT11 9AJ | **BOXING** | | | | | | **10 Weeks**  **Max: 20** |
| **START DATE** | **END DATE** | | | **TIME** | | **INSTRUCTOR** |
| **1st Oct** | **3rd Dec** | | | **5.30 – 6.30 pm** | | **Jimmy McGrath** |

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| **Musgrave Park Hospital**  Betty Chambers Room | **\*PHOTOGRAPHY** | | | **6 Weeks**  **Max: 16** |
| **START DATE** | **END DATE** | **TIME** | **INSTRUCTOR** |
| **1st Oct** | **5th Nov** | **6.30 – 8.30 pm** | **Carrie Davenport** |
| **\*Limited number of camera’s available if required** | | | | |
| **Bradbury Centre**  1-17 Lisburn Road  Belfast BT9 7AA | **\*UKULELE LESSONS** | | | **10 Weeks**  **Max: 30** |
| **START DATE** | **END DATE** | **TIME** | **INSTRUCTOR** |
| **1st Oct** | **3rd Dec** | **5.30 – 7.00 pm** | **Sean Lawlor** |
| \* **Ukulele’s not provided.** | | | | |
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| **LOCATION** | **THURSDAY** | | | |
| **Knockbracken Healthcare Park**  Knockbracken Hall | **CIRCUITS** | | | **10 Weeks**  **Max: 30** |
| **START DATE** | **END DATE** | **TIME** | **INSTRUCTOR** |
| **2nd Oct** | **4th Dec** | **5.30 – 6.30 pm** | **Gareth Coleman** |
| Grosvenor Recreation Centre  162 Grosvenor Road, Belfast BT12 5AT | **FOOTBALL** | | | **10 Weeks**  **Max: 20** |
| **START DATE** | **END DATE** | **TIME** | **INSTRUCTOR** |
| **2nd Oct** | **4th Dec** | **5.00 – 6.00 pm** | **Adam Stanley** |
| Royal Victoria Hospital  EENT Building  Sayers Room | **\*YOGA** | | | **8 Weeks**  **Max: 12** |
| **START DATE** | **END DATE** | **TIME** | **INSTRUCTOR** |
| **2nd Oct** | **27th Nov** | **6.00 – 7.00 pm** | **Lore Montano** |
| **\*No class on one of the weeks – this date will be confirmed nearer the time with participants** | | | | |

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| **Gadd Group Health Centre**  113 Ravenhill Road  Belfast, BT6 8DR | **\*SOMATIC BREATHWORK** | | | **8 Weeks**  **Max: 8** |
| **START DATE** | **END DATE** | **TIME** | **INSTRUCTOR** |
| **2nd Oct** | **20th Nov** | **6.30 – 7.30 pm** | **Paul McAllister** |
| **\* To get optimum benefits from Breathwork, it is important to commit to the full course.** | | | | |