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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 RoadBelfast 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 Centre162 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 RoadBelfast, 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 RoadBelfast 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 Centre162 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 HospitalEENT BuildingSayers 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 RoadBelfast, 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.** |