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|  **ZOOM CLASSES** |
|  |
| **MONDAY** |
| **PILATES****8 Weeks. Max: 18**  | **START DATE** | **END DATE** | **TIME** | **INSTRUCTOR** |
| **29th Sept** | **17th Nov** | **6.30 – 7.30 pm** | **Lisa Maxwell** |
| **Physio-led ADVANCED PILATES****8 Weeks. Max: 18**  | **START DATE** | **END DATE** | **TIME** | **INSTRUCTOR** |
| **29th Sept**  | **17th Nov** | **8.00 – 9.00 pm** | **Jean Byrne** |
|  |
|  |
| **TUESDAY** |
| **PILATES****8 Weeks. Max: 18**  | **START DATE** | **END DATE** | **TIME** | **INSTRUCTOR** |
| **30th Sept** | **18th Nov** | **8.00 – 9.00 pm** | **Linda Fennell** |
| **\*BEGINNERS****DRAWING****9 Weeks. Max: 16**  | **START DATE** | **END DATE** | **TIME** | **INSTRUCTOR** |
| **30th Sept**  |  **2nd Dec** | **7.00 – 8.30 pm** | **Beverley Healy** |
|  |
| **\*Art materials not provided. A basic materials list will be provided before the course begins.** |
| **WEDNESDAY** |
| **YOGA****8 Weeks. Max: 18**  | **START DATE** | **END DATE** | **TIME** | **INSTRUCTOR** |
| **1st Oct** | **19th Nov** | **5.45 – 6.30 pm** | **Nicki Fulcher** |
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| **THURSDAY** |
| **YOGA****8 Weeks. Max: 18** | **START DATE**  | **END DATE** | **TIME** | **INSTRUCTOR** |
| **2nd Oct** | **20th Nov** | **7.00 – 8.00 pm** | **Nicki Fulcher** |
| **BEGINNERS PILATES****8 Weeks. Max: 18** | **START DATE** | **END DATE** | **TIME** | **INSTRUCTOR** |
| **2nd Oct** | **20th Nov** | **7.30 – 8.30 pm** | **Linda Fennell** |
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