

Activity	Days	Time	Adults/Kids	Contact	Phone
Badminton	Tuesday/Friday	10-11Am / 8-9Pm	Adults	Bridget	087 967 7869
Basketball	Various	Various	Adults/Kids	Rachel	086 122 6831
Birthday Parties	Currently Suspended	Suspended	Kids	N/A	
A Fit Body & Gym Classes	Various	Various	Adults	Aine See reception board	086 105 2427/ 066 976 1755
Indoor Bowls	Tuesday	1:30- 3:30pm	Adults	Reception	066 976 1755
Indoor Hockey	Tuesday	7- 8:30pm	Adults	Kathryn	087 212 3662
Shotokan Karate	Thursday	05:10	Kids	Kerry Karate	085 840 3898
Advanced Ninja Karate	Thursday	6-7pm	Adults	Kerry Karate	085 840 3898
Filipino Martial Arts	Friday	7-8pm	Adults	Kerry Karate	085 840 3898
Pilates	Wednesday	7-9pm	Adults	Tony	087 985 8379
Hip Hop Wednesdays	Wednesday	4-5pm	kids 4-6 years old	Katrina	083 470 0308
Hip Hop Wednesdays	Wednesday	5-6pm	kids 7-9 years old	Katrina	083 470 0308
Hip Hop Wednesdays	Wednesday	6-7pm	Kids 10+years old	Katrina	083 470 0308
Flares Gymnastics	Monday	4:15pm-7:15pm	Kids	Danny	087 053 1527
Fame Stage School	Saturday	12:30-2pm	Kids	Finbarr	087 642 5122