

Exercise at the Community Centre



Type of Exercise	Day	Time	Contact	
Yoga	Monday	5 - 6 pm	Heather	827 3131
	Monday	6:30 – 7:30 pm	Heather	827 3131
	Friday	10:30 am – 12 noon	Office	626 4980
	Sunday	8:45 – 9.45 am	Pradeep	629 6544
Pilates	Monday	7:30 – 8:30 pm	Office	626 4980
	Thursday	10:30 – 11:30 am	Office	626 4980
Aerobics	Monday	9:15 – 10:15 am	Val	021 270 6050
	Friday	9 – 10 am	Annie	0274 284 894
Over 60's Sit Fit	Wednesday	10 – 11 am	Annie	0274 284 894
Zumba (all ages)	Tuesday	8:45 – 9:45 am	Annie	0274 284 894
	Thursday	8:45 – 9:45 am	Annie	0274 284 894
	Sunday	9am – 10am	Annie	0274 284 894
Zumba (full on)	Saturday	9:30 – 10:30 am	Maria	021 1406 286
Tai Chi	Monday	10:30 – 11:30 am	Margaret	816 8649
	Thursday	10 – 11 am	Julie	816 8649

Type of Exercise	Day	Time	Contact	Type of Exercise
Line Dance	Tuesday	9:45 – 11:45 am	Annette	627 4099
	Friday	9:30 – 11:30 am	Annette	627 4099
Tae Kwon Do/Krav Maga	Tuesday	6:30 – 8:30 pm	Dave	0220 307 028
	Thursday	6 – 7 pm (Tae Kwon Do Only)	Dave	0220 307 028
Fitness Fusion	Wednesday	6:00 – 7:30 pm	Annie	0274 284 894
Highland Dance	Sunday	10 am – 12 noon	Fiona	021 222 4159
Sequence Dance	Monday	12:00-3:00pm	Johnny	828 8930
Ballroom and Latin Dance	Wednesday	5 – 9 pm (Beginners Latin)	Tracey	0220 882 192
Karate (Muslim Women)	Saturday	9.30-11.30am	Azoora	027 705 1485