

Change f	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am	Yoga (St.Josephs Fairview) 9.15am start	Boxfit (St.Josephs Fairview)- 9.15am - 10.15am				Parkrun (Fairview) - 9.20am
10am	Pilates (Central Model School) - 9.40am start	Walking Group (Ierne)		Adventure Challenge Group (Meet and Pick - Up)		
11am	Walking Group (Georges Place)		Fitness Class (Georges Place)		Yoga (Georges Place)	Fitness Class (Ballybough)
12pm						
1pm	Bootcamp (St. Laurence O Toole Rec Centre)	Couch to 5km (Mountjoy Square)	Social Football Drop - In (Ballybough)	Bootcamp (St. Laurence O Toole Rec Centre)	Yoga (Ballybough)	
2pm						
3pm			Aquafit (Sean Mc Pool)			
4pm						
5pm	Yoga (St. Laurence O Toole Boys School), Olympic Handball (St. Laurence O Toole Rec Centre)		Tag-Rugby (St. Laurence O Toole Recreation Centre)	Gaelic for Ma's (St. Laurence O Tooles Recreation Centre)		
6pm			Fitness (Ballybough)	Kickboxing Fitness (St.Marys East Wall) 6.30pm start	Walking Group (St. Laurence O Toole Rec Centre)	Walkng Football (Aldbrough Place)
7pm	Spinning (Ballybough), Bootcamp (O' Connells Sports Hall)	Gaelic for Ma's	Bootcamp (O' Connells Sports Hall)	Fitness through Football (Hardwicke)	Bootcamp (O' Connell Sports Hall)	Fitness Through Football (Aldbrough Place)
8pm		Aquafit (Sean Mc Dermott Pool)				

Location Guide :

Summerhill
 Ballybough / North Strand / Fairview
 Hardwicke St /
 Georges
 Place
 North Wall