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SDCC
Comhairle Contae South Dublin
Átha Cliath Theas County Council



WEEKLY SCHEDULE

Ballycragh Park

MONDAY

9:45am-10:45am	1. Claphandies (Baby/ Toddler)
10am-11am	2. Pilates with Kate
1pm-3pm	3. Bats & Chats Table Tennis
4pm-7pm	4. The Art Cabin
4:30pm-7:30pm	5. Enocrps Ballet
6:30pm-7pm	6. Eco Fitness
7:45pm-8:45pm	7. Sylvia's Yoga
10am-12pm	8. T.D. Ciaran Ahearn (every 3 rd Mon.)

TUESDAY

9:30am-11:30am	9. Baby Massage
10am-12pm	10. Women's Shed
10am-11:30am	11. Sing with Rachel
5pm-6pm	5. Encorps Ballet
6pm-7pm	12. Rince Rae Irish Dance
7pm-8pm	12. Rince Rae Irish Dance
8pm-9pm	13. Dance Fit
7pm-8pm	14. Book Club (every 3 rd Tues.)

WEDNESDAY

10am-12pm	15. Active Age
12:30pm-1:30pm	16. Arthritis Yoga
3pm-5pm	5. Encorps Ballet
5pm-6pm	4. The Art Cabin
6:45pm-8:45pm	2. Pilates with Kate
7pm-7:45pm	6. Eco Fitness
7pm-8pm	14. Book Club (every 3 rd Wed.)

THURSDAY

10am-11:30am	17. Adaptfit
10am-11:30am	18. Art with Emma
3pm-4pm	19. Crafting with Emma
4pm-7pm	4. The Art Cabin
5:15pm-6:15pm	20. Dancee Acro Lyrical
6pm-7pm	21. Cllr. Roisin Mannion (every 2 nd Thu.)
6:45pm-7:45pm	7. Sylvia's Yoga

FRIDAY

9:45am-10:45am	22. Butterfly Yoga
10am-12pm	23. T.D. John Lahart
11am-12pm	24. Arthritis Ireland
12:15pm-2:15pm	10. Women's Shed
5pm-6pm	20. Dance Acro Lyrical
7pm-8:15pm	25. Shauna Danspire
7pm-8pm	26. HideOut Youth Club

SATURDAY

9am-9:30am	6. Eco Fitness
9:30am-11:30am	27. FS Ostroha
9:30am-11am	28. Gymnastics
11am-12pm	2. Pilates with Kate
11:30am-12:30pm	29. Spanish Play Group
1:30pm-4:30pm	4. The Art Cabin
2pm-4:30pm	18. Art with Emma

KEY

Yellow = kids
Blue = adults
Green = special

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