


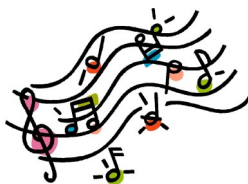






## Virtual Timetable Term 3

14th September-30th October

Each Class €35 Per Term

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Stretch'N'Grow</b> (no charge) Lisa-Maire 2pm-3pm		<b>Keep-Fit</b> (no charge) Graham 9am-10am		<b>Keep-Fit</b> (no charge) Graham 9am-10am
	<b>Senior Dance</b> Lisa 10am-11am	<b>Senior Art</b> Christine 11am-12pm	<b>Senior Fitness</b> Lisa 11am-12pm		<b>Senior Get-together</b> Graham 11am-12pm
	<b>Senior Keep-Fit</b> Graham 12pm-1pm				
		<b>Junior and Teen Music and Chat</b> Nadia 3pm-4pm	<b>Senior Cookery</b> Niamh 3pm-4pm		<b>Relaxation</b> Lisa 3pm-4pm
	<b>Junior and Teen Quiz Time</b> Lisa 4pm-5pm			<b>Junior and Teen Meet-up</b> Hannah 4pm-5pm	<b>Junior Fitness</b> Graham 4pm-5pm

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Due to changes to our protocols based on government guidelines, all members will require a chaperone (*member of the same household*) when returning to Lakers activities until further notice.



14th September-30th October  
Each Class €35 per term











\* We are prioritising senior members in need of social interaction at the moment and will add more classes in due course.

\* Please register for any slot that suits you. 1 class will be allocated by a member of staff.

Onsite class times to be confirmed.

\* AM class will take place between 10am-12pm for approx. 1 hour

\* PM classes will take place between 2pm-4pm for approx. 1 hour

|                                            | Monday                                                                                                   | Tuesday                                                                                                    | Wednesday                                                                                                                                                                                        | Thursday                                                                                                    | Friday                                                                                                   |
|--------------------------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| AM<br>10AM-12PM<br>(Times to be confirmed) | Monday Senior AM<br>   | Tuesday Senior AM<br>  | Wednesday Senior AM<br>  | Thursday Senior AM<br>  | Friday Senior AM<br> |
| PM<br>2PM-4PM<br>(Times to be confirmed)   | Monday Senior PM<br> | Tuesday Senior PM<br> | Wednesday Senior PM<br>                                                                                     | Thursday Senior PM<br> |                                                                                                          |

S  C I A L      D I S T A N C I N G