





All online classes through Zoom
 Please register using the Lakers Community.
 For more info please email info@lakers.ie

Term 4: 2nd November– 5th December
 All classes are **€25** per person per term

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dance with Lisa 11am-12pm	Yoga and Flexibility with Graham 10am-11am	Fitness with Graham 10am-11am	 Graham 9am-10am	Breakfast Club with Lisa 9.30am-10.30am	Junior Activity club with Hannah 9.30am-10.30am
Keep-fit with Graham 12pm-1pm	Baking with Niamh 12pm-1pm	Dance with Lisa 11am-12pm	Adult Relaxation with Lisa 11am-12pm	Music with Graham 11am-12pm	Teen Activity Club with Hannah 11am-12pm
Art with Christine 3pm-4pm	Art with Christine 2pm-3pm	Cookery with Niamh 12pm-1pm	Get-together with Graham 2pm-3pm	Fitness with Graham 2pm-3pm	
Junior Fun with Lisa 4pm-5pm	Adult Quiz with Lisa 3pm-4pm	Junior Club with Lisa 3pm-4pm	Ladies Health with Lisa 3pm-4pm	Relaxation with Lisa 3pm-4pm	
Young Adult Get together with Graham 5pm-6pm	Teen Music with Graham 4pm-5pm	Cookery with Niamh 4pm-5pm	Junior Games with Graham 4pm-5pm		
		Junior Art with Christine 4pm-5pm			

