


Register for classes using Lakers Community
or
emailing info@lakers.ie

Term 6 Zoom classes
8th February –6th March

LAKERS

Facebook Live with Graham
Thursday's 9.30am-10.30am

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dance with Lisa 11am-12pm 8th Feb– 1st Mar (€20)	Yoga and Flexibility with Graham 10am-11pm 9th Feb– 2nd Mar (€20)	Fitness with Graham 10am-11am 10th Feb– 3rd Mar (€20)	Dance with Lisa 11am-12pm 11th Feb– 4th Mar (€20)	Breakfast Club with Lisa 9.30am-10.30am 12th Feb– 5th Mar (€20)	Senior Get-together with Hannah 10am-11am 13th Feb-6th Mar (€20)
Strength Training with Graham 12.30pm-1.30pm 8th Feb– 1st Mar (€20)	Adult Music with Nadia 11am-12pm 9th Feb– 2nd Mar (€20)	Performance Song and Dance with Lisa 11am-12pm 10th Feb– 3rd Mar (€20)	Adult Music and Movement with Nadia 12pm-1pm 11th Feb– 25th Feb (€15)	Music with Graham 11am-12pm 12th Feb– 5th Mar (€20)	U18 Club with Hannah 11.30am-12.30pm 13th Feb-6th Mar (€20)
Adult Music with Nadia 2.30pm-3.30pm 8th Feb– 1st Mar (€20)	Relaxation with Lisa 2pm-3pm 9th Feb– 2nd Mar (€20)	Senior Art with Christine 12pm-1pm 10th Feb– 3rd Mar (€20)	Get-together with Graham 2pm-3pm 11th Feb– 4th Mar (€20)	Healthy Eating and Lifestyle with Niamh 12pm-1pm 12th Feb– 5th Mar (€20)	 <p>LAKERS</p>  <p>#HOLDFIRM 4 week term Blue squares- 3 weeks</p>
Art with Christine 3pm-4pm 8th Feb– 1st Mar (€20)	Adult Get-together with Graham 2pm-3pm 9th Feb– 2nd Mar (€20)	U18 Art with Christine 3pm-4pm 10th Feb– 3rd Mar (€20)	Drumming Circle with Nadia all ages 3pm-4pm 11th Feb– 25th Feb (€15)	Strength Training with Graham 2pm-3pm 12th Feb– 5th Mar (€20)	
U18 Music with Graham 3pm-4pm 8th Feb– 1st Mar (€20)	U18 Music Nadia 3.30pm-4.30pm 9th Feb– 2nd Mar (€20)	U18 Dance with Lisa 4pm-5pm 10th Feb– 3rd Mar (€20)	Cookery Junior and Senior with Niamh 4pm-5pm 11th Feb– 4th Mar (€20)	Relaxation with Lisa 3pm-4pm 12th Feb– 5th Mar (€20)	
U18 Fun with Lisa 4pm-5pm 8th Feb– 1st Mar (€20)	Adult Quiz with Lisa 4pm-5pm 9th Feb– 2nd Mar (€20)	U18 Music with Graham 4pm-5pm 10th Feb– 3rd Mar (€20)	U18 Games with Graham 4pm-5pm 11th Feb– 4th Mar (€20)		