

FOUNTAINSTOWN COMMUNITY SPORTS CLUB CALENDAR SCHEDULE APRIL 2023

	MORNING	AFTERNOON	EVENING
M	11 am Tai Chi/ Qi Gong Mary 086 3816421		5.45pm Physio Pilates Grace 087 794 9491 7.00pm Tai Chi/ Qi Gong Mary 086 3816421
T		Kids Tennis lessons Siobhan 0863695178 • 5 pm (5 - 7yrs) and 6pm (8yrs & Up)	6.30pm Physio Pilates Grace 087 794 9491 7.40pm Physio Pilates Grace 087 794 9491
W	10.30am Coffee Morning Jeff Wheeler		6.45pm ZUMBA Jamie 085 1402484 8.00pm Wild Wave Yoga Ciara 087 9315949
T		Kids Tennis lessons Mike 086 3063588 3 pm (5 - 7yrs) & 4pm (8yrs & Up) Adult Tennis Siobhan 0863695178 • 6pm beginners and 7pm Rusty Rackets	7.00pm Pilates Olivia 0871326289 7.45pm Pilates Olivia 0871326289
F	10.30am Crosshaven Yoga Deidre 087 1386757	Kids basketball Karen 086 3131035 • 4.30pm (4-7yrs) and 5.15pm (7-12yrs) Miko Kickboxing Academy Paul 086 26336472 • 5pm (4-7yrs) and 6pm (8yrs +)	
S		Pitch & Putt/ Golf Kids lessons Wayne 087 2841365 • 4pm (5-12yrs)	
S	10am Kundalini Yoga Sheila 086 3668874		*Sunday April 23 rd Brick Club Kathy 086 1700215 10 – 11am 2-5yrs and 5yrs & up 12-3pm