

# FOUNTAINSTOWN COMMUNITY SPORTS CLUB

## AUTUMN & WINTER WEEKLY CALENDAR CLASS SCHEDULE 2023

	MORNING		AFTERNOON		EVENING	
<b>MONDAY</b>	Women's Beginners 9.30 – 10.30am  Women's Back in the Swing 10.40 – 11.40am	Tennis lessons  Coach Siobhan 0863695178			7.00pm Tai Chi/ Qi Gong  8.15pm Zumba	Mary 086 3816421  Jamie 085 1402484
<b>TUESDAY</b>	9.30—10.45am Yoga	Deidre 087 1386757	Junior Tennis 5-7yrs @ 5-6pm  Junior Tennis 8-12yrs @ 5-6pm	Coach Siobhan 0863695178  Coach Siobhan 0863695178	8.00pm Physio Pilates	Grace 087 7949491
<b>WEDNESDAY</b>	Community Coffee Morning & Boules @10.30am	Jeff 085 2339458			6.30pm Physio Pilates  7.40pm Physio Pilates	Grace 087 7949491  Grace 087 7949491
<b>THURSDAY</b>			Junior Basketball 4-6yrs 4.30pm Junior Basketball 7-12yrs 5.15pm Junior Tennis 5-7yrs @ 3-4 pm Junior Tennis 8 - 9yrs @ 4-5pm Junior Tennis 10 -12yrs @ 5-6pm	Coach Karen 0863695178 Coach Karen 0863695178 Coach Mike 086 3063588 Coach Mike 086 3063588 Coach Mike 086 3063588	Adult beginners 6-7pm Adult Rusty Rackets 7-8pm  7.00pm Pilates  7.45pm Pilates	Coach Siobhan 0863695178  Olivia 0871326289  Olivia 0871326289
<b>FRIDAY</b>	10.30—11.45am Yoga  Women's Tennis lessons 9.30 – 10.30am	Deidre 087 1386757  Coach Siobhan 0863695178				
<b>SATURDAY</b>						
<b>SUNDAY</b>	Kundalini Yoga 10am – Sheila 086 3668874					