Blakestown Community Resource Centre – Activities | Find us on Facebook: Blakestowncrc | 2022-23

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Hall	Room 1	Hall	Room 1	Hall	Room 1	Hall	Room 1	Hall	Room 1	Hall	Room 1
09:00- 10:00am		ESOL					Slimming World					
10:00- 11:00am	Parent and Baby Fitness	ESOL	Zumba Gold		Parent and Baby Fitness		Slimming World	Pilates		Pilates		
11:00- 12:00am		ESOL	Chair Yoga			Avista	Moo Music	Pilates				
12:00- 13:00pm		ESOL				Avista			Avista			
13:00- 14:00pm					Swinging Sixties Active Retirement	Photography Class	Art Class				Fit Kids Fit Teens	
14:00- 15:00pm					Swinging Sixties Active Retirement	Photography Class	Art Class	Knit & Natter		SPL Therapy	Fit Kids Fit Teens	
15:00- 16:00pm	Gymnastics 3:45pm Start		Bergin Irish Dancing				Gymnastics 3:45pm Start	Knit & Natter		SPL Therapy	Empire Dance	
16:00- 17:00pm	Gymnastics	Foiroige	Bergin Irish Dancing		Slimming World		Gymnastics		Gymnastics	Noroc Art Class	Empire Dance	
17:00- 18:00pm	Gymnastics	Foiroige	Gymnastics		Slimming World		Gymnastics		Gymnastics	SPL Therapy		
18:00- 19:00pm	Gymnastics	Foiroige	Gymnastics	We Can Quit (Smoking)	Slimming World		Gymnastics 6:45pm Finish		Gymnastics	SPL Therapy		
19:00- 20:00pm	Gymnastics 7:45pm Finish		Zumba Adults		Slimming World		Bergin Irish Dancing	Ladies Group	Gymnastics			
20:00- 21:00pm	Fit Kids Fit Teens	Al-Anon	Ballroom Dancing	N-Anon	Slimming World		Bergin Irish Dancing	Ladies Group				
21:00- 22:00pm	Fit Kids Fit Teens		Ballroom Dancing									