

Monday	Tuesday	Wednesday	Thursday	Friday
5th January	6th January	7th January	8th January	9th January
Crochet Room 4 & 5 / 10:30 - 1:00	Crochet Room 4 & 5 / 10:30 - 1:00	Wednesday Ladies Room 5 / 7:00 - 9:00	Dominic's Cuppa Club Room 5 / 11:00 - 1:00	DAMS Room 4 & 5 / 10:00 - 11:00
Charlie O'Connor's Clinic 12:00 noon	Cllr. Niamh Whelan Clinic Room 4 / 10:00 - 11:00	Pilates with Kim Room 4 / 7:00 - 8:00	Line Dancing Room 4 & 5 / 2:00 - 4:00	Dermot's Art Room 5 / 2:00 - 4:00
DAMS Mens Guitar Room 1 / 6:30 - 8:30	ART Room 5 / 3:00 - 5:00			BINGO Room 4 & 5 / 7:00 - 9:00
Pilates with Kim Room 4 / 7:00 - 8:00	Taekwon-Do Room 4 & 5 / 5:30 - 6:30			
	Tuesday Ladies Room 5 / 7:00 - 9:00			
12th January	13th January	14th January	15th January	16th January
Crochet Room 4 & 5 / 10:30 - 1:00	Crochet Room 4 & 5 / 10:30 - 1:00	Wednesday Ladies Room 5 / 7:00 - 9:00	Dominic's Cuppa Club Room 5 / 11:00 - 1:00	DAMS Room 4 & 5 / 10:00 - 11:00
Charlie O'Connor's Clinic 12:00 noon	ART Room 5 / 3:00 - 5:00	Pilates with Kim Room 4 / 7:00 - 8:00	Line Dancing Room 4 & 5 / 2:00 - 4:00	TACT Book Club Room 4 / 12:00 - 1:30
Foroige - APT Room 4 & 5 / 3:30 - 4:30	Taekwon-Do Room 4 & 5 / 5:30 - 6:30		Taekwon-Do Room 4 & 5 / 5:30 - 6:30	Dermot's Art Room 5 / 2:00 - 4:00
DAMS Mens Guitar Room 1 / 6:30 - 8:30	Tuesday Ladies Room 5 / 7:00 - 9:00			BINGO Room 4 & 5 / 7:00 - 9:00
Yoga Room 5 / 7:00 - 9:00				
Pilates with Kim Room 4 / 7:00 - 8:00				
19th January	20th January	21st January	22nd January	23rd January
Crochet Room 4 & 5 / 10:30 - 1:00	Crochet Room 4 & 5 / 10:30 - 1:00	TACT ART Room 4 & 5 / 1000 - 1200	Creative Writers Room 4 / 10:00 - 12:00	DAMS Room 4 & 5 / 10:00 - 11:00
Charlie O'Connor's Clinic 12:00 noon	Cllr. Niamh Whelan Clinic Room 4 / 10:00 - 11:00	Wednesday Ladies Room 5 / 7:00 - 9:00	Dominic's Cuppa Club Room 5 / 11:00 - 1:00	TACT Book Club Room 4 / 12:00 - 1:30
TACT ART Appreciation Room 4 & 5 / 1:30 - 3:30	ART Room 5 / 3:00 - 5:00	Eddie Brennan Room 3 / 7:00 - 9:00	Line Dancing Room 4 & 5 / 2:00 - 4:00	Dermot's Art Room 5 / 2:00 - 4:00
Foroige - APT Room 4 & 5 / 3:30 - 4:30	Taekwon-Do Room 4 & 5 / 5:30 - 6:30	Pilates with Kim Room 4 / 7:00 - 8:00	Taekwon-Do Room 4 & 5 / 5:30 - 6:30	BINGO Room 4 & 5 / 7:00 - 9:00
DAMS Mens Guitar Room 1 / 6:30 - 8:30	Tuesday Ladies Room 5 / 7:00 - 9:00			
Yoga Room 5 / 7:00 - 9:00				
Pilates with Kim Room 4 / 7:00 - 8:00				
26th January	27th January	28th January	29th January	30th January
Crochet Room 4 & 5 / 10:30 - 1:00	Crochet Room 4 & 5 / 10:30 - 1:00	TACT ART Room 4 & 5 / 1000 - 1200	Creative Writers Room 4 / 10:00 - 12:00	DAMS Room 4 & 5 / 10:00 - 11:00
Ciaran Ahern TD's Clinic 10:00 - 12:00	ART Room 5 / 3:00 - 5:00	Wednesday Ladies Room 5 / 7:00 - 9:00	Dominic's Cuppa Club Room 5 / 11:00 - 1:00	TACT Book Club Room 4 / 12:00 - 1:30
Charlie O'Connor's Clinic 12:00 noon	Taekwon-Do Room 4 & 5 / 5:30 - 6:30	Pilates with Kim Room 4 / 7:00 - 8:00	Line Dancing Room 4 & 5 / 2:00 - 4:00	Dermot's Art Room 5 / 2:00 - 4:00
TACT ART Appreciation Room 4 & 5 / 1:30 - 3:30	Tuesday Ladies Room 5 / 7:00 - 9:00		Taekwon-Do Room 4 & 5 / 5:30 - 6:30	BINGO Room 4 & 5 / 7:00 - 9:00
Foroige - APT Room 4 & 5 / 3:30 - 4:30				
DAMS Mens Guitar Room 1 / 6:30 - 8:30				
Yoga Room 5 / 7:00 - 9:00				
Pilates with Kim Room 4 / 7:00 - 8:00				

Please note that schedules are subject to change.

Places are limited for most groups / courses, so booking is essential.

Please contact the centre on 01-459 0770 for further information or email reception@dominicscc.com