

Monday	Tuesday	Wednesday	Thursday	Friday
		1st July	2nd July	3rd July
		Smartphone Workshop Room 4 / 10:00 - 12:30	Dominic's Cuppa Club Room 5 / 11:00 - 1:00	DAMS Room 4 & 5 / 10:00 - 11:00
		Smartphone Workshop Room 4 / 2:00 - 4:00	Line Dancing Room 4 & 5 / 2:00 - 4:00	Dermot's Art Room 5 / 2:00 - 4:00
		Wednesday Ladies Room 5 / 7:00 - 9:00	Taekwon-Do Room 4 & 5 / 5:30 - 6:30	BINGO Room 4 & 5 / 7:00 - 9:00
		Pilates with Kim Room 4 / 7:00 - 8:00	Meditation Room 4 / 7:00 - 8:00	
6th July	7th July	8th July	9th July	10th July
Crochet Room 4 & 5 / 10:30 - 1:00	Crochet Room 4 & 5 / 10:30 - 1:00	Smartphone Workshop Room 4 / 10:00 - 12:30	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	Chair Pilates Room 4 / 2:00 - 3:00	Smartphone Workshop Room 4 / 2:00 - 4:00	Line Dancing Room 4 & 5 / 2:00 - 4:00	Dermot's Art Room 5 / 2:00 - 4:00
Chair Yoga Room 4 & 5 / 1:30 - 3:00	ART Room 5 / 3:00 - 5:00	Craft Workshop Room 5 / 2:00 - 3:00	Taekwon-Do Room 4 & 5 / 5:30 - 6:30	BINGO Room 4 & 5 / 7:00 - 9:00
Mens Guitar Room 1 / 6:30 - 8:30	Taekwon-Do Room 4 & 5 / 5:30 - 6:30	Wednesday Ladies Room 5 / 7:00 - 9:00	Meditation Room 4 / 7:00 - 8:00	
Yoga Room 5 / 7:00 - 9:00	The Band Room 1 / 6:30 - 9:00	Pilates with Kim Room 4 / 7:00 - 8:00		
Pilates with Kim Room 4 / 7:00 - 8:00	Tuesday Ladies Room 5 / 7:00 - 9:00			
13th July	14th July	15th July	16th July	17th July
Crochet Room 4 & 5 / 10:30 - 1:00	Crochet Room 4 & 5 / 10:30 - 1:00	Smartphone Workshop Room 4 / 10:00 - 12:30	TRIP TO BRAY	TRIP TO PEARSE MUSEUM
Charlie O'Connor's Clinic 12:00 noon	ClIr Niamh Whelan's Clinic 10:30 - 11:30	Plant Dying Workshop Room 5 / 10:00 - 12:30	Dominic's Cuppa Club Room 5 / 11:00 - 1:00	DAMS Room 4 & 5 / 10:00 - 11:00
Chair Yoga Room 4 & 5 / 1:30 - 3:00	Chair Pilates Room 4 / 2:00 - 3:00	Smartphone Workshop Room 4 / 2:00 - 4:00	Line Dancing Room 4 & 5 / 2:00 - 4:00	Photocopying Workshop Room 5 / 11:30 - 2:00
Mens Guitar Room 1 / 6:30 - 8:30	ART Room 5 / 3:00 - 5:00	Wednesday Ladies Room 5 / 7:00 - 9:00	Taekwon-Do Room 4 & 5 / 5:30 - 6:30	Dermot's Art Room 5 / 2:00 - 4:00
Yoga Room 5 / 7:00 - 9:00	Taekwon-Do Room 4 & 5 / 5:30 - 6:30	Pilates with Kim Room 4 / 7:00 - 8:00	Meditation Room 4 / 7:00 - 8:00	BINGO Room 4 & 5 / 7:00 - 9:00
Pilates with Kim Room 4 / 7:00 - 8:00	The Band Room 1 / 6:30 - 9:00			
	Tuesday Ladies Room 5 / 7:00 - 9:00			
20th July	21st July	22nd July	23rd July	24th July
Crochet Room 4 & 5 / 10:30 - 1:00	Crochet Room 4 & 5 / 10:30 - 1:00	Smartphone Workshop Room 4 / 10:00 - 12:30	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	Chair Pilates Room 4 / 2:00 - 3:00	Smartphone Workshop Room 4 / 2:00 - 4:00	Line Dancing Room 4 & 5 / 2:00 - 4:00	Dermot's Art Room 5 / 2:00 - 4:00
Chair Yoga Room 4 & 5 / 1:30 - 3:00	ART Room 5 / 3:00 - 5:00	Wednesday Ladies Room 5 / 7:00 - 9:00	Taekwon-Do Room 4 & 5 / 5:30 - 6:30	BINGO Room 4 & 5 / 7:00 - 9:00
Mens Guitar Room 1 / 6:30 - 8:30	Taekwon-Do Room 4 & 5 / 5:30 - 6:30	Pilates with Kim Room 4 / 7:00 - 8:00	Meditation Room 1 / 7:00 - 8:00	
Yoga Room 5 / 7:00 - 9:00	The Band Room 1 / 6:30 - 9:00		Summer Soireé Room 4 & 5 / 7:00 - 9:00	
Pilates with Kim Room 4 / 7:00 - 8:00	Tuesday Ladies Room 5 / 7:00 - 9:00			
27th July	28th July	29th July	30th July	31st July
Crochet Room 4 & 5 / 10:30 - 1:00	Crochet Room 4 & 5 / 10:30 - 1:00	Smartphone Workshop Room 4 / 10:00 - 12:30	Dominic's Cuppa Club Room 5 / 11:00 - 1:00	DAMS Room 4 & 5 / 10:00 - 11:00
Ciaran Ahern TD's Clinic 10:00 - 12:00	ClIr Niamh Whelan's Clinic 10:30 - 11:30	Smartphone Workshop Room 4 / 2:00 - 4:00	Line Dancing Room 4 & 5 / 2:00 - 4:00	Dermot's Art Room 5 / 2:00 - 4:00
Charlie O'Connor's Clinic 12:00 noon	Chair Pilates Room 4 / 2:00 - 3:00	Wednesday Ladies Room 5 / 7:00 - 9:00	Taekwon-Do Room 4 & 5 / 5:30 - 6:30	BINGO Room 4 & 5 / 7:00 - 9:00
Chair Yoga Room 4 & 5 / 1:30 - 3:00	ART Room 5 / 3:00 - 5:00	Pilates with Kim Room 4 / 7:00 - 8:00	Meditation Room 4 / 7:00 - 8:00	
Mens Guitar Room 1 / 6:30 - 8:30	Taekwon-Do Room 4 & 5 / 5:30 - 6:30			
Yoga Room 5 / 7:00 - 9:00	The Band Room 1 / 6:30 - 9:00			
Pilates with Kim Room 4 / 7:00 - 8:00	Tuesday Ladies Room 5 / 7:00 - 9:00			

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