

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1st June</b>	<b>2nd June</b>	<b>3rd June</b>	<b>4th June</b>	<b>5th June</b>
<b>BANK HOLIDAY</b>	Crochet Room 4 & 5 / 10:30 - 1:00	Wednesday Ladies Room 5 / 7:00 - 9:00	BOM Meeting Room 5 / 9:30 - 10:30	DAMS Room 4 & 5 / 10:00 - 11:00
	Chair Pilates Room 4 / 2:00 - 3:00	Pilates with Kim Room 4 / 7:00 - 8:00	Creative Writers Room 4 / 10:00 - 12:00	Dermot's Art Room 5 / 2:00 - 4:00
	ART Room 5 / 3:00 - 5:00		Dominic's Cuppa Club Room 5 / 11:00 - 1:00	BINGO Room 4 & 5 / 7:00 - 9:00
	Taekwon-Do Room 4 & 5 / 5:30 - 6:30		Line Dancing Room 4 & 5 / 2:00 - 4:00	
	The Band Room 1 / 6:30 - 9:00		Parents Evening Room 5 / 6:00 - 7:00	
	Tuesday Ladies Room 5 / 7:00 - 9:00		Mindfulness Workshop Room 4 / 7:00 - 8:00	
<b>8th June</b>	<b>9th June</b>	<b>10th June</b>	<b>11th June</b>	<b>12th June</b>
Crochet Room 4 & 5 / 10:30 - 1:00	Crochet Room 4 & 5 / 10:30 - 1:00	Wednesday Ladies Room 5 / 7:00 - 9:00	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's Clinic 10:30 - 11:30	Pilates with Kim Room 4 / 7:00 - 8:00	Dominic's Cuppa Club Room 5 / 11:00 - 1:00	Dermot's Art Room 5 / 2:00 - 4:00
Foroige - APT Room 4 & 5 / 3:30 - 4:30	Chair Pilates Room 4 / 2:00 - 3:00		Line Dancing Room 4 & 5 / 2:00 - 4:00	BINGO Room 4 & 5 / 7:00 - 9:00
Mens Guitar Room 1 / 6:30 - 8:30	ART Room 5 / 3:00 - 5:00		Taekwon-Do Room 4 & 5 / 5:30 - 6:30	
Yoga Room 5 / 7:00 - 9:00	Taekwon-Do Room 4 & 5 / 5:30 - 6:30		Mindfulness Workshop Room 4 / 7:00 - 8:00	
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			
<b>15th June</b>	<b>16th June</b>	<b>17th June</b>	<b>18th June</b>	<b>19th June</b>
Crochet Room 4 & 5 / 10:30 - 1:00	Crochet Room 4 & 5 / 10:30 - 1:00	Wednesday Ladies Room 5 / 7:00 - 9:00	Creative Writers Room 4 / 10:00 - 12:00	DAMS Room 4 & 5 / 10:00 - 11:00
Charlie O'Connor's Clinic 12:00 noon	Chair Pilates Room 4 / 2:00 - 3:00	Pilates with Kim Room 4 / 7:00 - 8:00	Dominic's Cuppa Club Room 5 / 11:00 - 1:00	Dermot's Art Room 5 / 2:00 - 4:00
Foroige - APT Room 4 & 5 / 3:30 - 4:30	ART Room 5 / 3:00 - 5:00		Line Dancing Room 4 & 5 / 2:00 - 4:00	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		Taekwon-Do Room 4 & 5 / 5:30 - 6:30	
Yoga Room 5 / 7:00 - 9:00	The Band Room 1 / 6:30 - 9:00		Mindfulness Workshop Room 4 / 7:00 - 8:00	
Pilates with Kim Room 4 / 7:00 - 8:00	Tuesday Ladies Room 5 / 7:00 - 9:00			
<b>22nd June</b>	<b>23rd June</b>	<b>24th June</b>	<b>25th June</b>	<b>26th June</b>
Crochet Room 4 & 5 / 10:30 - 1:00	Crochet Room 4 & 5 / 10:30 - 1:00	Coffee Morning Room 4 & 5 / 10:00 - 2:00	Preschool Graduation	DAMS Room 4 & 5 / 10:00 - 11:00
Charlie O'Connor's Clinic 12:00 noon	Cllr Niamh Whelan's Clinic 10:30 - 11:30			Dermot's Art Room 5 / 2:00 - 4:00
Foroige - APT Room 4 & 5 / 3:30 - 4:30	Chair Pilates Room 4 / 2:00 - 3:00		Line Dancing Room 4 & 5 / 2:00 - 4:00	BINGO Room 4 & 5 / 7:00 - 9:00
Mens Guitar Room 1 / 6:30 - 8:30	ART Room 5 / 3:00 - 5:00		Taekwon-Do Room 4 & 5 / 5:30 - 6:30	
Yoga Room 5 / 7:00 - 9:00	Taekwon-Do Room 4 & 5 / 5:30 - 6:30	Wednesday Ladies Room 5 / 7:00 - 9:00	Mindfulness Workshop Room 4 / 7:00 - 8:00	
Pilates with Kim Room 4 / 7:00 - 8:00	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			
<b>29th June</b>	<b>30th June</b>			
Crochet Room 4 & 5 / 10:30 - 1:00	Crochet Room 4 & 5 / 10:30 - 1:00			
Ciaran Ahern TD's Clinic 10:00 - 12:00	Chair Pilates Room 4 / 2:00 - 3:00			
Charlie O'Connor's Clinic 12:00 noon	ART Room 5 / 3:00 - 5:00			
Foroige - APT Room 4 & 5 / 3:30 - 4:30	Taekwon-Do Room 4 & 5 / 5:30 - 6:30			
Mens Guitar Room 1 / 6:30 - 8:30	The Band Room 1 / 6:30 - 9:00			
Yoga Room 5 / 7:00 - 9:00	Tuesday Ladies 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@dominicsc.com](mailto:reception@dominicsc.com)