

Weekly Activities – **Winter 2023**

MONDAY

| Start Time | Finish Time | Group Name | Room |
|----------------------|----------------------|--|-------------------------------|
| 8.45 | 13.00 | Montessori School | Room 1 |
| 9.30 | 10.30 | Zumba Dance | Conference Hall |
| 9.30 | 10.30 | Vini Yoga | Room 3a/3b |
| 13.00 | 18.00 | Rowan House After School | Boardroom – Room 2 |
| 13.00 | 18.00 | Rowan House After School | Murray Centre |
| 13.00 | 18.00 | Rowan House After School | Pastoral Centre Room 2 |
| 13.00 | 18.00 | Rowan House After School | Boardroom – Room 3 |
| 14.00 | 16.00 | Senior Citizens Bingo | Coffee Dock |
| 15.15 / 15.30 | 17.30 | Dance Craft Children's Mixed Style Dance | Conference Hall |
| 16.15 | 17.00 | Ballet Leinster School of Dance | Room 3a/3b |
| 19.30 / 20.00 | 21.30 / 22.00 | Order of Malta | Conference Hall |
| 19.30 | 20.00 | Bethany Group * (2nd Monday monthly) | Room 2 |
| 19:00 | 20.00 | Centring Prayer | Oval Room |
| 19.30 | 21.00 | Nuala Kiernan Yoga | Room 3a/3b |
| 19.30 | 22.30 | Carysfort Bridge Club | Coffee Dock |

Weekly Activities – Winter 2023

TUESDAY

| Start Time | Finish Time | Group Name | Room |
|----------------|----------------|-------------------------------------|------------------------|
| 8.45 | 13.00 | Montessori School | Room 1 |
| 9.30 | 11.30 | Sewing Classes | Room 2 |
| 9.30 11.30 | 11.00 13.00 | Knitting Classes | Coffee Dock |
| 10.30 | 12.30 | Monkstown U3A | Conference Hall |
| 10.30 | 11.30 | Guardian Angels Book Club | Coffee Dock |
| 13.00 | 18.00 | Rowan House After School | Boardroom – Room 2 |
| 13.00 | 18.00 | Rowan House After School | Murray Centre |
| 13.00 | 18.00 | Rowan House After School | Pastoral Centre Room 2 |
| 13.00 | 18.00 | Rowan House After School | Boardroom – Room 3 |
| 14.15 | 15.15 | The Fitness League | Conference Hall |
| 16.00 | 18.30 | O' Hanlon Stage School & Drama | Conference Hall |
| 16.00 18.30 | 17.00 19.30 | O' Hanlon Stage School & Drama | Coffee Dock |
| 18.30 | 20.00 | Irish Guide Dogs for The Blind DLLR | Room 2 |
| 20.00 | 21.30 | Legion of Mary | Room 2 |
| 19:30 | 22.30 | Kathleen Bridge Club | Conference Hall |

Weekly Activities – **Winter 2023**

WEDNESDAY

| Start Time | Finish Time | Group Name | Room |
|-------------------|--------------------|-----------------------------------|-------------------------------|
| 8.45 | 13.00 | Montessori School | Room 1 |
| 9.45 | 10.45 | Zumba Gold | Conference Hall |
| 10.00 | 12.30 | Art Classes | Room 3a/3b |
| 11.30 | 13.30 | Art Appreciation | Conference Hall |
| 13.00 | 18.00 | Rowan House After School | Boardroom – Room 2 |
| 13.00 | 18.00 | Rowan House After School | Murray Centre |
| 13.00 | 18.00 | Rowan House After School | Pastoral Centre Room 2 |
| 13.00 | 18.00 | Rowan House After School | Boardroom – Room 3 |
| 15.15 | 19.30 | Ballroom & Latin Dance | Conference Hall |
| 19.00 | 21.00 | Sewing Classes | Room 2 |
| 19.30 | 22.30 | Carysfort Bridge Club | Coffee Dock |
| 20.00 | 21.30 | Legion of Mary | Room 3a/3b |
| 20:00 | 22.00 | Ukulele Classes | Conference Hall |

Weekly Activities – Winter 2023

THURSDAY

| Start Time | Finish Time | Group Name | Room |
|------------|-------------|--------------------------------|------------------------|
| 8.45 | 13.00 | Montessori School | Room 1 |
| 9.30 | 10.30 | Pilates – Aisling Conn | Conference Hall |
| 10.00 | 12.30 | Art Classes | Room 3a/3b |
| 10.30 | 12.30 | Grainne Dunne Bridge Beginners | Room 2 |
| 13.00 | 18.00 | Rowan House After School | Boardroom – Room 2 |
| 13.00 | 18.00 | Rowan House After School | Murray Centre |
| 13.00 | 18.00 | Rowan House After School | Pastoral Centre Room 2 |
| 13.00 | 18.00 | Rowan House After School | Boardroom – Room 3 |
| 14.15 | 16.30 | Film Club (every 2 weeks) | Room 3a/3b |
| 16.00 | 18.00 | Chaney Farrell Irish Dancing | Coffee Dock |
| 16.15 | 21.00 | Ballroom & Latin Dance | Conference Hall |
| 19.00 | 21.00 | Tai Chi | Room 2 |
| 19.30 | 21.00 | Gospel Choir | Coffee Dock |

Weekly Activities – Winter 2023

FRIDAY

| Start Time | Finish Time | Group Name | Room |
|------------|-------------|--------------------------------------|------------------------|
| 8.45 | 13.00 | Montessori School | Room 1 |
| 9.30 | 10.30 | Zumba Dance | Conference Hall |
| 10.00 | 11.30 | Intro to Mindfulness | Room 2 |
| 11.00 | 12.00 | Happy Healthy Living Baby massage | Room 2 |
| 11.15 | 13.15 | Corus Singing Group | Conference Hall |
| 13.00 | 18.00 | Rowan House After School | Boardroom – Room 2 |
| 13.00 | 18.00 | Rowan House After School | Murray Centre |
| 13.00 | 18.00 | Rowan House After School | Pastoral Centre Room 2 |
| 13.00 | 18.00 | Rowan House After School | Boardroom – Room 3 |

SATURDAY

| Start Time | Finish Time | Group Name | Room |
|------------|-------------|--|-----------------|
| 9.30 | 17.30 | Dance Craft Ball room & Latin Dance | Conference Hall |
| 10.00 | 11.00 | Spectrum Ballet Classes | Room 3a/3b |
| 11.00 | 14.15 | Ballet Classes | Room 3a/3b |
| 10.00 | 11.30 | Knitting Classes | Coffee Dock |
| 11.45 | 13.15 | Knitting Classes | Coffee Dock |