

From 26th January – 8th March 2026

Free activities for adults
(Over 18's)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10am	Aqua Fit (10:00-10:45) Seán McDermott St Swimming Pool						
11am		ExWell Medical (11:00-12:00) St Laurence O'Toole Rec Centre		ExWell Medical (11:00-12:00) St Laurence O'Toole Rec Centre			Calisthenics (11:00-12:00) Royal Canal Greenway
12pm					Walking Football (12:00-13:00) St Laurence O'Toole Astro		
1pm	Active Ageing with Eddie (13:30-14:00) St Laurence O'Toole Rec Centre	Circuit Training (13:00-13:45) St Laurence O'Toole Rec Centre	Active Ageing (13:30-14:00) St Laurence O'Toole Rec Centre Snr Chair Yoga (14:30-15:15) Lourdes Parish Day Care Centre		Boxercise (12:00-13:00) St Laurence O'Toole Hall Walking Basketball (Snr. Mens) (13:30-14:15) Ozanam House	Beginners Volleyball (13:00-16:00) St Laurence O'Toole Hall	
5pm	Beginners Weightlifting (17:00-18.00/ 18:00-19:00) O'Connell's School Hall Badminton (17:00-18:30) St Laurence O'Toole Rec Centre		Intro to Olympic Weightlifting (17:30-18:30) O'Connell's School Hall		Intro to Olympic Weightlifting (17:30-18:30) O'Connell's School Hall		Aikido (14:00-15:00) Dance House, Foley Street
6pm			EmpowerHer Olympic Weightlifting (18:30-19:30) O'Connell's School Hall	Aqua Fit (18:15-19:00) Seán McDermott St Swimming Pool	Yoga for Men (18:00-19:00) Killarney Court Community Centre		
7pm	NEIC Handball (19:00-20:00) National Handball Centre Aikido (19:15-20:45) Dance House, Foley Street		Beginners Taekwondo (19:00-20:00) Our Lady of Lourdes Hall	Yin Yoga (19:30-20:30) Sean O'Casey Centre Aikido (19:15-20:45) Dance house	Heels Dance Class (19:00-20:00) Dance House Foley Street		

