

Adult Coaching Groups ~ Sept 2017

Monday		Thursday	
Men's Drills		Mens Band 3 / 4	
Coach Ferghal		Coach Freddie	
Time 6.30-7.30pm		Time 7.30-9pm	
John Moloney		Jim Kavanagh	
Paul Shorte		Ronnie O'Toole	
Brian Brophy		John Moloney	
Peter Young		Paul Weber	
Jim Kavanagh		Ronan Cathcart	
David Connolly		Declan Brady	
Ronan Walsh		Richard Coffey	
		Bernard Pollard	
		Carl Treacy	
FULL		Tiernan Bermingham	
		Tomás Kilroy	
		FULL	
Friday			
Improver		Beginners	
Coach Ferghal		Coach Ferghal	
Time 11am – 12pm		Time 5.30pm – 6.30pm	
Nessa Dorcey		Amy Bennett	
Fiona Crotty		Sophie Sarsfield	
Tom Menton		Nichola Selak	
		Helena Costello	
		Anne Marie Barnes	
Saturday			
Beginner / Improver		Band 3 / 4 Men	
Coach Barry		Coach Barry	
Time 10am – 11am		Time 11am – 12pm	
Una Anderson		Bill Minnock	
Louisa Murray		Fearghal Ryan	
Linda Hickey		Carl Treacy	
		Fran Sheridan	
		Richard Smith	

Adult Cardio Groups ~ Sept 2017

Thursday		
Cardio		
Coach Ferghal	Coach Ferghal	Coach Ferghal
Time 9am-10.30am	Time 10.30am-12pm	Time 12pm-1.30pm
Liz Sullivan	Leontia Brophy	Barbara Ferguson
Leanne Colfor	Gillian Blaney –Shorte	Cathy Medbury
Karen Morton	Elaine Knowles	Oonagh Grainger
Fiona Campbell	Monica Kavanagh	Eilish Davitt
Sinead Daly	Una Kennedy	Jane Neill
Tracy Hollingsworth	Catherine Farrelly	Bridie O'Toole Breslin
Eilis Moloney	Clodagh McDermott	Nuala Keating
Roseline MacHale	Helen Russell	Helen O'Toole
FULL	***FULL***	***FULL***
Friday		
Cardio		
Coach Ferghal	Coach Ferghal	Coach Ferghal
Time 9am-10am	Time 10am-11am	Time 6.30pm – 7.30pm
Lorraine Allen	Anja Decker-Shorten	Linda Bennett
Catherine Lynch	Barbara Ferguson	Jacinta Wickham
Pamela Naughton	Paula Coughlan	Joan Dillon
Miriam Boyle	Lorraine Mellon	Miriam O'C Meade
Madeleine Mulrennan	Lisa Harte	Pauline Ryan
Mairead McGuire	Barbara Dunne	Mary Harte
Miriam Egan	Marina Gibson	Bernadette Macken
	Gillian Prendergast	M Maguire
FULL	***FULL***	***FULL***
Saturday		
Cardio		
Coach Ferghal	Coach Ferghal	Coach Ferghal
Time 9am-10am	Time 10am-11am	Time 11am – 12pm
Paul Shorte	Louise Stenson	Lorraine Payne
Fran Rooney	Marie Therese Kinsella	Nuala Keating
Adrienne Tougher	Eileen Keating	Adele Keating
Ben Tougher	Lynda Cody	Kim Jones
Yvonne Power	Caroline Whelan	Michelle Rowan
Rob Power	Deirdre Gleeson	Helen Russell
Aisling Shanahan	Linda Austen	Gillian Blaney Shorte
Mark Beacom		Catherine O'Reilly
FULL	***FULL***	***FULL***