

Adult Coaching Groups ~ April 2018

Monday		
Men's Drills		
Coach Ferghal		
Time 6.30-7.30pm		
John Moloney		
Paul Shorte		
Ronnie O'Toole		
Bryan Brophy		
Gavin Faloon		
Ken Hickey		
Dave Connolly		
Guo Du		
Ronan Walsh		

Friday		
Beginner/Improver	Beginner/Improver	
Coach Ferghal	Coach Ferghal	
Time 11am – 12pm	Time 5.30pm – 6.30pm	
	Annemarie Barnes	
	Lynne Mooney	
	Justyna Wierzejska	
Saturday		
Beginner / Improver	Band 2 - 4 ~ Men & Ladies	
Coach Barry	Coach Barry	
Time 10am – 11am	Time 11am – 12pm	
Michael Mooney	Michael Rowan	
Stephen Byrne	Ronnie O'Toole	
Una Anderson	Liz Sullivan	
Laura Fitzgerald		
Jim Lawlor		
Linda Hickey		

Adult Cardio Groups ~ April 2018

Wednesday		
Cardio		
Coach Ferghal		
Time 9am-10.00am		
Eilish Moloney		
Leanne Colfor		
Karen Morton		
Bridie O'T Breslin		
Helen O'Toole		
Nessa Dorcey		

Thursday		
Cardio		
Coach Ferghal	Coach Ferghal	
Time 9am-10.30am	Time 10.30am-12pm	
Barbara Ferguson	Leontia Brophy	
Eilish Davitt	Gillian Blaney-Shorte	
Oonagh Grainger	Elaine Knowles	
Cathy Medbury	Una Kennedy	
Tracy Hollingsworth	Catherine Farrelly	
Jane Neill	Clodagh McDermott	
Sinead Daly	Helen Russell	
Pauline Ryan	Monica Kavanagh	
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Friday		
Cardio		
Coach Ferghal	Coach Ferghal	Coach Ferghal
Time 9am-10am	Time 10am-11am	Time 6.30pm – 7.30pm
	Barbara Dunne	
Miriam Boyle	Paula Coughlan	Miriam O'C Meade
Madeleine Mulrennan	Lisa Harte	Mary Harte
Helen O'Toole	Anja Decker-Shorten	Linda Bennett
Catherine Davis	Kathryn McAree	Jacinta Wickham
Nessa Dorcey	Sinead Conlon	Anne Dunne
Catherine Lynch	Justine Lambe	Bernadette Macken
	Lorraine Mellon	Geraldine Moore
	Noreen Fitzgerald	Fran Rooney

Adult Cardio Groups ~ Jan 2018

Saturday		
Cardio		
Coach Ferghal	Coach Ferghal	Coach Ferghal
Time 9am-10am	Time 10am-11am	Time 11am – 12pm
Fran Rooney	Marie Therese Kinsella	Helen Russell
Yvonne Power	Caroline Whelan	Nuala Keating
Robert Power	Margaret Conroy	Catherine O'Reilly
Tara O'Reilly	Louise Stenson	Lorraine Payne
Mary Mullen	Ruth Sargent	Gillian Blaney-Shorte
Valerie Treacy	Lynda Cody	Michelle Rowan
Mark Beacom		Bridie O'Toole
Aisling Shanahan		
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