

Adult Coaching Groups ~ Jan 2018

Monday			Thursday	
Men's Drills			Mens Band 2 / 4	
Coach Ferghal			Coach Freddie	
Time 6.30-7.30pm			Time 8pm-9.30pm	
			Jim Kavanagh	
Jim Kavanagh			John Moloney	
Paul Shorte			Ronnie O'Toole	
Dave Connolly			Mick Keogh	
John Moloney			Paul Shorte	
Kevin Cleere			Richard Smith	
Bryan Brophy			Fran Sheridan	
Ronnie O'Toole			Denis Sheahan	
Ronan Walsh			Tomás Gilroy	
*****			Paul Weber	
			Carl Treacy	
			Bill Minnock	

Friday				
Improver		Beginners		
Coach Ferghal		Coach Ferghal		
Time 11am – 12pm		Time 5.30pm – 6.30pm		
Nessa Dorcey		Ann Marie Barnes		
Noreen Fitzgerald				
Tom Menton				
Saturday				
Beginner / Improver		Band 3 / 4 Men		
Coach Barry		Coach Barry		
Time 10am – 11am		Time 11am – 12pm		
Niamh Kelly		Trutz Haase		
Stephen Byrne				
Conan Minnock				
Una Anderson				
Louisa Murray				
Laura Fitzgerald				

Adult Cardio Groups ~ Jan 2018

Wednesday		
Cardio		
Coach Ferghal	Coach Ferghal	
Time 9am-10.00am	Time 10.00am-11am	
Eilish Moloney	Nessa Dorcey	
Leanne Colfor		
Karen Morton		
Margaret Conroy		
Lorraine Allen		
Thursday		
Cardio		
Coach Ferghal	Coach Ferghal	Coach Ferghal
Time 9am-10.30am	Time 10.30am-12pm	Time 12pm – 1pm
Barbara Ferguson	Leontia Brophy	Bridie O'T Breslin
Eilish Davitt	Gillian Blaney-Shorte	Helen O'Toole
Oonagh Grainger	Elaine Knowles	Nuala Keating
Cathy Medbury	Una Kennedy	
Tracy Hollingsworth	Catherine Farrelly	
Jane Neill	Clodagh McDermott	
Sinead Daly	Helen Russell	
Gillian Prendergast	Monica Kavanagh	
*****	*****	
Friday		
Cardio		
Coach Ferghal	Coach Ferghal	Coach Ferghal
Time 9am-10am	Time 10am-11am	Time 6.30pm – 7.30pm
	Barbara Dunne	Fran Rooney
Tara O'Reilly	Paula Coughlan	Miriam O'C Meade
Fiona Campbell	Lisa Harte	Mary Harte
	Marina Gibson	Linda Bennett
	Catherine Farrelly	Jacinta Wickham
	Helen O'Toole	Joan Dillon
		Bernadette Macken
		Mary Pat
		*** FULL ***

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
Felicity McCarthy	Lynda Cody	Nuala Keating
Robert Power	Eileen Keating	Adele Keating
Joanne Ryall	Ruth Sargent	Catherine O'Reilly
Fionnuala Crennan	Linda Austen	Lorraine Payne
Mary Mullen	Caroline Whelan	Gillian Blaney-Shorte
	Louise Stenson	Linda Dunne
	Emma Cooney	Michelle Rowan
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