

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	
Paul Shorte		John Moloney	
Dave Connolly		Ronnie O'Toole	
John Moloney		Mick Keogh	
Kevin Cleere		Paul Shorte	
Bryan Brophy		Richard Smith	
Ronnie O'Toole		Fran Sheridan	
Ronan Walsh		Denis Sheahan	
*****		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		Helena Costello	
Tom Menton		Nichola Selak	
Kathryn McAree		Amy Bennett	
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		
Leanne Colfor		
Karen Morton		
Margaret Conroy		
Lorraine Allen		
Nessa Dorcey		
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
Catherine Lynch	Marina Gibson	Linda Bennett
Catherine Downes	Catherine Farrelly	Jacinta Wickham
	Helen O'Toole	Joan Dillon
	Gillian Prendergast	Bernadette Macken
	Catherine Davis	Mary Pat
	*** FULL ***	*** 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
Mark Beacom	Louise Stenson	Linda Dunne
Mairead McGuire	Emma Cooney	Michelle Rowan
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