

# INCHICORE SPORTS CENTRE TIME TABLE



Off bulfin Rd  
St Michaels Estate  
Inchicore  
Dublin 8  
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DAY	TIME	ACTIVITY/GROUP	AGE	CONTACT PERSON	CONTACT NO
Monday	5pm – 7pm	Inchicore Karate	6yrs +	Gerry	087 9161795
Monday	6pm- 7.15 pm	Dynamic Yoga	Adults	Cara Shotiner	0876864795
Monday	7.30pm-8.30pm	Fitness Class	16 +	Aldona	0858115821
Monday	8.30pm-9.30pm	Pilates	Adults	Sarah	0872445425
Tuesday	6pm-9pm	Doyle Halpen Irish Dancing	6yrs +	Sonia /Margaret	
Wednesday	6pm-9pm	Doyle Halpen Irish Dancing	6yrs +	Sonia/ Margaret	
Thursday	6pm – 7pm	Inchicore Karate	6yrs+	Gerry	087 9161795
Thursday	6pm-9pm	Doyle Halpen Irish Dancing	6yrs +	Sonia /Margaret	
Friday	4.30pm – 7.30pm	Dream Origin Dance	3 –18	Gillian	087 7774714
Friday	7.30pm-8.30pm	Fitness Class	16+	Aldona	0858115821