



RESIDENTIAL PROGRAMME

MONDAY

10.00AM

PILATES

7.00PM

PILATES

8.30PM

**TABLE
QUIZ**

TUESDAY

7.00PM

**AQUA
AEROBICS**

7.00PM

YOGA FLOW

8.30PM

BINGO

WEDNESDAY

10AM

**DAY TRIP
*ADDITIONAL COST**

9.30PM

**JOE FORDE &
NEANTOG IRISH SHOW**

THURSDAY

11AM

**COOKERY
DEMONSTRATION**

11AM

AQUA AEROBICS

7PM

CIRCUIT CLASS

**Complimentary Programme, See reception
for more information**