

CLASS TIMETABLE

MONDAY 9.15AM - 10.15AM 10.30AM - 11.30 AM 6.15PM - 7.15 PM 7PM - 7.45PM	MONDAY POWER (BODY TONE) VINYASA FLOW YOGA YOGALATES AQUAROBICS	AGNES DIANE CHRISTINE AGNES	085 8420080 087 2337110 086 8110213 085 8420080
TUESDAY 9.15AM - 10.15AM 10.45AM - 11.45AM 3.15PM -6.30PM 7.00PM - 7.45PM 7.30PM - 8.30PM	YOGALATES CHRISTINE CHAIR / THERAPY YOGA SINEAD SHEPPARD KIDS SCHOOL OF DANCE AQUAROBICS *course only VINYASA FLOW YOGA	CHRISTINE CARMEL SINEAD AGNES DIANE	086 8110213 087 9694378 087 2602091 085 8420080 087 2337110
WEDNESDAY 10.30AM - 11.30 AM 6.30PM- 7.15PM	VINYASA FLOW YOGA WEIGHTS FOR WOMEN	DIANE CARRIE	087 2337110 086 8071779
THURSDAY 9.30AM - 10.30AM 9.30AM - 10.15AM 11.00AM -12.00PM 4.30PM - 5.15PM 5.30PM - 6.30PM 7.00PM - 8.00PM	WOMENS FITNESS CLASS (COMING SOON) AQUAROBICS *COURSE ONLY HATHA YOGA- FOR LIMITED MOBILITY / BEGINNERS KICKBOXING LITTLE NINJAS 4 - 7 YRS KIDS KICKBOXING 7 YRS + ADULT / TEEN KICKBOXING	KARYN SARAH SHANTI PAUL PAUL PAUL	0861740608 086 2623730 086 0516897 086 2636472 086 2636472 086 2636472
FRIDAY 9.15AM - 10.15AM 9.45AM - 10.30AM 11AM - 12AM 2.45PM - 3.45PM 3.45PM - 4.45PM 4.45PM - 5.45PM 6.00PM - 6.45PM 7.00PM - 8.00PM	WEIGHTS FOR WOMEN AQUAROBICS *course only YIN YOGA (COMING SOON) MONTFORTS MINI DANCE 3-6YRS MONTFORTS JUNIOR MUSICAL THEATRE 4-6YRS MONTFORTS PRIMARY MUSICAL THEATRE 7-11YRS KARATE RISING SUN BEGINNERS KARATE RISING SUN ADVANCED STUDENTS	CARRIE SARAH KARYN BARRY BARRY	086 8071779 086 2623730 0861740608 021 4501412 INFO@MONTFORTCOLLEGE.COM 021 4501412 INFO@MONTFORTCOLLEGE.COM 021 4501412 INFO@MONTFORTCOLLEGE.COM 086 7222779 086 7222779
SATURDAY 7.00AM - 8AM 11AM - 12.00PM	CIRCUIT CLASS (ALL FITNESS LEVELS) HATHA & YIN YOGA MIXED LEVEL	ORAN SHANTI	087 2048748 086 0516897

ALL CLASSES CAN BE BOOKED DIRECTLY WITH THE INSTRUCTOR