



KILMACUD GLENALBYN CLUB ACTIVITIES 2025 (ALL classes are open to non-members) FLYERS IN RECEPTION

ACTIVITY	DAY / TIME	ROOM	CONTACT
ART CLASS with Gerard O'Grady	Wed, Thurs, Fri, Sat mornings 10-12 noon	4 (First Floor)	gerardogrady07@gmail.com
BRIDGE CLASSES & BRIDGE CLUB (with Thomas McCormac)	<i>Various Class Levels:</i> Mon 10am & 1.30pm, Tues 10am & 7.30pm, Wed 10am, Thurs 1:30pm Bridge Club Tues & Wed 10:45	Function Room & Boardroom	Thomas McCormac 086 385 9953 tmaccormac@gmail.com
NEW* BRIDGE LESSONS (with Rory Egan)	<i>Thursday 10 – 12 noon (ABSOLUTE BEGINNERS)</i> <i>Thursday Evenings 7-9pm (IMPROVERS)</i> <i>Fridays 10 – 12 noon (IMPROVERS)</i>	Boardroom	Rory Egan 086 819 2765 rory@grandmasterbridge.com
Ciorcal Gaeilge	Thursday evenings 8:30pm	BAR	Sean O Lochlainn 087 254 0619
CLUB CHOIR	Sundays 6:30	Function Room	Mary Whitely 087 3782465
ConfIDANCE with Jane (Dance classes)	Fridays 10am – 11.15am	Function Room	www.janeshortall.com
NEW * CORUS SINGING CLASS	Thursdays 11.30 – 1pm	Function Rm	Dara Molloy 087 967 6351 / 087 613 9261 info@corus.ie 
DANCE YOURSELF FIT	Thursdays (3 classes) 6:30pm, 7:30pm & 8:30pm	Function Room	Danceyourselffit.com
*DONIE'S YOGA	Mon 8:30-9:30pm (Experienced classes for lads) Tues 8-9 pm (Beginners classes for lads) Wed 6:30-7:30pm (Classes for All & All levels)	Function Room	doniedowling@gmail.com
IRISH DANCING	Monday evenings 5-7pm	Function Room	Shaunamcgauran@gmail.com 086 1671 320
NEW * LINE DANCING	Wednesday Evenings 7:45pm	Function Room	Clare 085 714 3790 Christmas Hoedown Friday 28 th November 
Osteopathy & YOGA, Alexander Technique (teaching)	BY APPOINTMENT	3	Masoumeh Melrose 086 890 4435
PILATES	Mon Evenings 7-8pm	Function Room	Physioextra.ie Kiera Browne
NEW *PILATES WITH MARTIN	Thursday mornings 10 – 11am	Function Room	Martin 086 1736720
SLIMMING WORLD	Tues 3.30- 6.30 p.m. Wed 7.30 & 9 a.m.	Function Room	Emma 086 3227 352 Emma.barron4@gmail.com
*NEW SLUA NUA - Irish Speaking Group	Thursdays 3 – 4pm	Boardroom	087 256 0287
SOUTH CITYURCH	Sunday mornings	Function Room	Southcitychurch.org
NEW *STRENGTH PILATES FOR WOMEN	Wednesdays 5pm – 6pm	Function Room	Alva O'Sullivan 086 813 2894 www.Alvaosullivan.com

