



Classes Timetable – January - April 2018

CLASS	TUTOR	VENUE	TIME	START DATE	DURATION	COST	BOOKING REQUIRED	FURTHER INFORMATION
<u>Relaxation</u>	Emer Ivory	Purple House Bray	Tuesdays 11am.	8 th January 2018	1 Hour	€5 donation per class.	YES, with Purple House.	Informal groups/Learn relaxation techniques.
<u>Purple House Choir</u>	Veronica O'Leary	Purple House Bray	Mondays 7pm	15 th January 2018	1 Hour	€5 donation per class.	YES, with Purple House.	Open to all
<u>Men's Group</u>	Claire McKiernan	Purple House Bray/Shangana gh Community Gardens Shankill	Tuesdays 11.30am – 12.30pm & Thursdays 10.30am- 12.30pm	9 th January 2018	1 Hour approximately	Donation Appreciated.	YES, with Purple House.	Open to all men affected by Cancer.
<u>Moving Beyond Cancer</u>	Emer Ivory & Claire McKiernan	Purple House Bray	Tuesdays 7pm- 8pm	29 th January 2018	1 Hour	€5 Donation.	YES, with Purple House.	MONTHLY MEETINGS.
<u>Swimming</u>	Rota System	Royal Hotel Merrill Leisure Centre	Tuesdays 12pm-1pm	9 th January 2018	1 Hour		YES, with Purple House.	24 hour booking essential.
<u>Children's Therapies</u>	Meabh Eglinton & Claire McKiernan	Purple House Bray	Wednesdays 2 pm-5pm	10 th January 2016	Hourly Sessions	Donation Appreciated.	YES, with Purple House.	Open to all children and teenagers.
<u>Go for Life</u>	Nuala Murphy	Purple House Bray	Fridays 11am	12 th January 2016	1 Hour	Donation Appreciated towards teas.	YES, with Purple House.	Over 55's, sit fit exercises & informal discussions
<u>Swimming</u>	Rota System	Glenview Hotel Leisure Centre	Fridays 1pm- 2pm	12 th January 2018	1 Hour		YES, with Purple House.	24 hour booking essential.