



Donnycarney Community & Youth Centre

ADULT WEEKLY TIMETABLE - September 2020

Checkout our website - www.dcyc.ie and visit our facebook page www.facebook.com/Donnycarney for upcoming events & classes!

Monday	Time	Instructor	Phone	E-mail
Art with Eleanor	10:15 - 12:15	Eleanor	087 818 2833	<i>ebkelly@eircom.net</i>
Creative Writers	14:00 – 16:00	Dave	087 906 6784	<i>boughtond@gmail.com</i>
Conor's Circuit	18:45 - 19:45	Conor	085 138 3032	<i>conormcauley96@gmail.com</i>
Zumba Fitness	19:00 - 20:00	Irina	087 773 9798	<i>aerobifitdublin@yahoo.ie</i>
Under the Avo Tree Yoga	19:45 – 20:45	Aoife	085 215 8557	<i>aoife@undertheavotree.com</i>
Kenpo Karate	20:30 - 22:00	Kieran	087 234 1598	<i>kierandevlin@poolbeg.com</i>

Tuesday	Time	Instructor	Phone	E-mail
Zumba Fitness	09:30 – 10:30	Irina	087 773 9798	<i>aerobifitdublin@yahoo.ie</i>
Tai Chi Beginners	14:00 – 15:00	Claire	086 335 5118	<i>mcgreevyclaire@gmail.com</i>
Daigokan Judo	19:30 - 22:00	John	086 604 8082	
Strong by Zumba	20:30 - 21:30	Bianca	086 353 1331	<i>biancacojocariu1@yahoo.com</i>

Wednesday	Time	Instructor	Phone	E-mail
Dublin School of Yoga over 50's	10:15 – 11:15	Cormac	086 868 8627	<i>info@dublinschoolofyoga.ie</i>
Tai Chi Beginners	11:00 – 12:00	Claire	086 335 5118	<i>mcgreevyclaire@gmail.com</i>
Pilates	18:00 – 19:00	Caroline	083 8664319	<i>busybodypilates@gmail.com</i>
Conor's Circuit	18:30 - 19:30	Conor	085 138 3032	<i>conormcauley96@gmail.com</i>
Tai Chi	19:00 – 20:30	Claire	086 335 5118	<i>mcgreevyclaire@gmail.com</i>
Piloxing	19:00 - 20:00	Irina	087 773 9798	<i>aerobifitdublin@yahoo.ie</i>
Muyukan Kendo	19:30 - 21:00	Hannah	087 663 6358	<i>hannahkeogh@gmail.com</i>
Yoga	20:30 - 22:00	Therese	086 846 9775	<i>theresehamill@gmail.com</i>
Kenpo Karate	20:30 - 22:00	Kieran	087 234 1598	<i>kierandevlin@poolbeg.com</i>

Entrance on Clancarthy Road, Collins Avenue East, Donnycarney, Dublin 5
 Enquiries: booking@dcyc.ie Telephone 8329676

Thursday	Time	Instructor	Phone	E-mail
Zumba Toning	9:30 - 10:30	Irina	087 773 9798	<i>aerobifitdublin@yahoo.ie</i>
Caife Maidin	10:30 – 11:15	Ben	01 831 8997	<i>ben7maclochlainn@gmail.com</i>
Yoga – Active Retired	11:00 – 12:15	Therese	086 846 9775	<i>theresehamill@gmail.com</i>
Victoria Paiva - Zumba	19:15 – 20:15	Victoria	086 159 4749	<i>paivav@hotmail.com</i>
Golden Girls	19:30 - 21:30	Antoinette	087 641 4985	<i>atoreilly36@hotmail.com</i>
Kangoo Club	20:15 – 21:15	Ioana	087 222 6072	<i>ioanavane@yahoo.com</i>
Daigokan Judo	20:30 - 22:00	John	086 604 8082	

Friday	Time	Instructor	Phone	E-mail
Tone & Burn	9:30 - 10:30	Irina	087 773 9798	<i>aerobifitdublin@yahoo.ie</i>
Cuidiú (Breastfeeding Group)	10:00 – 11:30	Niamh	086 379 5664	<i>niamh.cassidy@gmail.com</i>

Saturday	Time	Instructor	Phone	E-mail
Allegro Ballet	13:00 – 14:30	Enkhmaa	087 657 2533	<i>e.chimedd@gmail.com</i>