



KICKSTART

KILMACUD CROKES 2017



#CrokesTalks



	MON	TUES	WED	THURS	FRI	SAT	SUN
AM		COUCH TO 5K WITH MICHAEL 9.30-10.15AM YOGA WITH FIONA FUNCTION ROOM 10.30-11.30AM		COUCH TO 5K WITH MICHAEL 9.30-10.15AM		COUCH TO 5K WITH MICHAEL 9.30-10.15AM	CYCLING WITH KC WHEELERS 9.00AM
PM	CIRCUITS HURLING ARENA 9.00PM	COUCH TO 5K WITH SINEAD / LINDA 7.45-8.30PM	PILATES WITH KIERA ST. LAWRENCE'S 8.00-9.00PM	COUCH TO 5K WITH SINEAD / LINDA 7.00-8.00PM	PLEASE BRING YOUR OWN MATS FOR YOGA AND PILATES		

**FREE CLASSES FROM JANUARY 9TH TO MARCH 12TH
REGISTER IN THE CLUB AT 8.30PM ON JANUARY 4TH**



Bank of Ireland