





Weekly Activities

FORBES RACING

TEL: 028 8673 6425

Weds 15 th Jan	Thurs 16 th Jan	Fri 17 th Jan	Sat 18 th Jan	Sun 19 th Jan	Mon 20 th Jan	Tues 21 st Jan	Weds 22 nd Jan
 <i>Weigh Day</i> Weigh-in 7pm-7.45pm Football Pavilion ----- Circuits 7.45-8.45pm Football Pavilion ----- Floodlit Walking Football Pitch Lights on 7-9pm -----	Ladies Netball 7-8pm Minor Hall (Parish Centre) Mens Basketball 8-9 pm Minor Hall (Parish Centre) With Claire Muldoon ----- Floodlit Walking Football Pitch Lights on 7-9pm -----	Boxercise 7-8pm Football Pavilion With Niall Kerr ----- Floodlit Walking Football Pitch Lights on 7-9pm -----	Recovery and Stretching Session 9-10am LS Studio at LSRMF Gym in the Airdrum With Ryan Quinn (Please keep an eye on Facebook for confirmation of this class)	F R E E D A Y (Please note there will be Jiving Classes for 5 weeks from Sun 9 th Feb – Sun 9 th Marh)	Aerobics 7-8pm Football Pavilion Ladies Only With Aine McGuigan ----- Indoor soccer 8-9 pm Minor Hall (Parish Centre) ----- Floodlit Walking Football Pitch Lights on 7-9pm -----	Reelfit Adult Irish Dance Class 7-8pm Football Pavilion With Clodagh Quinn Doyle ----- Powertone 8pm-9pm Football Pavilion With Stephen McCann ----- Floodlit Walking Football Pitch Lights on 7-9pm -----	 <i>Weigh Day</i> Weigh-in 7pm-7.45pm Football Pavilion ----- Circuits 7.45-8.45pm Football Pavilion ----- Floodlit Walking Football Pitch Lights on 7-9pm -----

