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| ***DAY*** | ***TIME*** | ***CLASS*** | ***VENUE*** |
| MONDAY | 3.30pm – 4.10pm | FOOTBALL (AGE 5 – 7) | LOUGH MOSS |
| MONDAY | 4.15pm – 4.55pm | FOOTBALL (AGE 8 – 11) | LOUGH MOSS |
| MONDAY | 4.30pm – 5.30pm | DODGEBALL | LVLP |
| MONDAY | 5.00pm – 6.45pm | YOGA (FAMILY SESSION, 12+) | DIIB |
| MONDAY | 6.00pm – 7.00pm | GOLF LESSONS | GROVE AC |
| ***DAY*** | ***TIME*** | ***CLASS*** | ***VENUE*** |
| TUESDAY | 10.00am –11.30am | FAMILY FUN (AGE 0 – 4) | LOUGH MOSS |
| TUESDAY | 1.45pm – 2.30pm | GYMNASTICS (PRE-SCHOOL, AGE 2-3) PARENT ASSISTED CLASS | LVLP |
| TUESDAY | 2.30pm – 4.00pm | FAMILY FUN (AGE 4 – 8) | LOUGH MOSS |
| TUESDAY | 2.45pm – 3.30pm | GYMNASTICS (MINORS, AGE 4 - 6) | LVLP |
| TUESDAY | 3.30pm – 4.30pm | GYMNASTICS (JUNIORS, AGE 7 - 9) | LVLP |
| TUESDAY | 4.30pm – 5.30pm | GYMNASTICS (SENIORS, AGE 10 - 12) | LVLP |
| TUESDAY | 4.30pm - 5.15pm | YOUTH PILATES | LOUGH MOSS |
| TUESDAY | 5.00pm – 5.45pm | TRAMPOLINE (AGE 8 – 18) | LVLP |
| TUESDAY | 7.45pm – 8.45pm | ADULT & JUNIOR CIRCUITS  | GLENMORE AC |
| ***DAY*** | ***TIME*** | ***CLASS*** | ***VENUE*** |
| WEDNESDAY | 3.30pm – 4.15pm | FUTSAL (AGE 5 – 7) | LVLP |
| WEDNESDAY | 4.00pm – 4.45pm | KIDS CIRCUITS (AGE 6 – 12) | LOUGH MOSS |
| WEDNESDAY | 4.30pm – 5.30pm | FUTSAL (AGE 8 – 11)  | LVLP |
| WEDNESDAY | 5.45pm – 6.30pm | ARCHERY  | KILMAKEE AC |
| WEDNESDAY | 6.30pm – 7.15pm | ARCHERY  | KILMAKEE AC |
| WEDNESDAY  | 7.30pm – 8.30pm  | YOUTH CLUB | GROVE AC |
| ***DAY*** | ***TIME*** | ***CLASS*** | ***VENUE*** |
| THURSDAY  | 10.30am--12.30pm | ADULT & CHILD GYMNASTICS | GLENMORE AC |
| THURSDAY  | 1.30pm – 2.15pm | GYMNASTICS (AGE 2 – 4) | LOUGH MOSS |
| THURSDAY | 2.30pm – 3.15pm | GYMNASTICS (AGE 4 – 5) | LOUGH MOSS |
| THURSDAY | 3.30pm – 4.30pm | GYMNASTICS (AGE 6 – 9) | LOUGH MOSS |
| THURSDAY | 4.00pm – 4.45pm | KIDS YOGA  | LOUGH MOSS |
| THURSDAY | 4.15pm – 4.45pm | TEENAGE GROUP CYCLE | LVLP- SPIN STUDIO |
| THURSDAY | 4.30pm – 5.30pm | GYMNASTICS (AGE 9 – 15)  | LOUGH MOSS  |
| THURSDAY | 6.30pm – 7.00pm | GROUP CYCLE (FAMILY SESSION, 12+) | DIIB |
| ***DAY*** | ***TIME*** | ***CLASS*** | ***VENUE*** |
| FRIDAY | 10.30am –11.15pm | BOOGY BEAT | LOUGH MOSS |
| FRIDAY | 3.00pm – 4.30pm | FAMILY FUN SESSION | LVLP |
| FRIDAY | 3.30pm – 4.30pm | STREET DANCE (AGE 5 – 7) | LVLP |
| FRIDAY | 4.00pm – 4.45pm | KIDS YOGA (AGE 7 - 11) | LOUGH MOSS |
| FRIDAY | 4.30pm – 5.30pm | STREET DANCE (AGE 8 – 13) | LVLP |
| FRIDAY | 6.00pm – 7.00pm | INDOOR GOLF LESSON (AGE 6 – 14) | LOUGH MOSS |
| FRIDAY | 7.15pm – 8.45pm | YOUTH CLUB | KILMAKEE AC |
| FRIDAY | 7.15pm – 9.00pm | YOUTH CLUB | GROVE AC |
| ***DAY*** | ***TIME*** | ***CLASS*** | ***VENUE*** |
| SUNDAY | 9.00am –10.30am | BASKETBALL (AGE 5 – 7) | LVLP |
| SUNDAY | 9.30am -10.30am | BASKETBALL (AGE 8 – 12) | LVLP |
| SUNDAY | 10.30am –11.45am | FAMILY SPIN (AGE 12+) | LOUGH MOSS |
| SUNDAY | 10.30am –11.00pm | GROUP CYCLE (FAMILY SESSION, 12+) | DIIB |
| SUNDAY  | 11.00am -11.45am | FAMILY BOXERCISE (AGE 5 – 10) | LOUGH MOSS |
| SUNDAY | 5.30pm – 6.15pm | GROUP CYCLE (FAMILY SESSION, 12+) | DIIB |