

8 WEEK CALENDAR

FEBRUARY

Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th
				Derval Zoom 30 mins
Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th
Fitness for All 30 mins (Kate)		Mindfulness 30 mins (Michelle)		Nutrition 30 mins (Cathy)
Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th
Fitness for All 30 mins (Kate)		Mindfulness 30 mins (Michelle)		
Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th
Fitness for All 30 mins (Kate)		Mindfulness 30 mins (Michelle)		

MARCH

Monday 1 st	Tuesday 2 nd	Wednesday 3 rd	Thursday 4 th	Friday 5 th
Fitness for All 30 mins (Kate)		Mindfulness 30 mins (Michelle)		Derval Zoom 30 mins
Monday 8 th	Tuesday 9 th	Wednesday 10 th	Thursday 11 th	Friday 12 th
Fitness for All 30 mins (Kate)		Mindfulness 30 mins (Michelle)		Nutrition 30 mins
Monday 15 th	Tuesday 16 th	Wednesday 17 th	Thursday 18 th	Friday 19 th
Fitness for All 30 mins (Kate)		Mindfulness 30 mins (Michelle)		
Monday 22 nd	Tuesday 23 rd	Wednesday 24 th	Thursday 25 th	Friday 26 th
Fitness for All 30 mins (Kate)		Mindfulness 30 mins (Michelle)		
Monday 29 th	Tuesday 30 th	Wednesday 31 st		
Fitness for All 30 mins (Kate)		Mindfulness 30 mins (Michelle)		

APRIL

			Thursday 1 st	Friday 2 nd
				Derval Zoom 30 mins

WEEK 1

EVENT: DERVAL INTRODUCTORY ZOOM

HOSTED BY: DERVAL O'ROURKE

DATE: FRIDAY 5TH FEBRUARY

TIME: 13:00

DURATION: 30 MINS

ATTENDED BY: ALL

CONTENT: Derval will host an opening Zoom call to all of the attendees. The agenda for this Zoom will be based upon any feedback or question we receive from our initial Assessment and Goal Form. There will also be an opportunity for ad hoc questions during the Zoom.

EVENT: FITNESS CLASS

HOSTED BY: KATE PARFREY

DATE: MONDAY 8TH FEBRUARY

TIME: 07:00 (TBD)

DURATION: 30 MINS

ATTENDED BY: BEGINNER GROUP

CONTENT: Kate will host the first live zoom class with the beginner group. The zoom will be open at 06:55 for a 07:00 start.

WEEK 1

EVENT: FITNESS CLASS

HOSTED BY: KATE PARFREY

DATE: MONDAY 8TH OR TUESDAY 9TH FEBRUARY

TIME: 07:45 (TBD)

DURATION: 30 MINS

ATTENDED BY: ADVANCED GROUP

CONTENT: Kate will host the first live zoom class with the advanced group. The zoom will be open at 07:40 for a 07:45 start.

EVENT: MINDFULNESS ZOOM

HOSTED BY: MICHELLE O'DRISCOLL

DATE: WEDNESDAY 10TH FEBRUARY

TIME: 13:00 (TBD)

DURATION: 30 MINS

ATTENDED BY: ALL

CONTENT: Michelle will host her first Mindfulness zoom class. This will be a 30 minute meditation style session and once completed the floor will be open for any questions.

WEEK 2 & 3

EVENT: FITNESS CLASS

HOSTED BY: KATE PARFREY

DATE: MONDAY 15TH & MONDAY 22ND FEBRUARY

TIME: 07:00 (TBD)

DURATION: 30 MINS

ATTENDED BY: BEGINNER GROUP

CONTENT: Kate will host the second live zoom class with the beginner group. The zoom will be open at 06:55 for a 07:00 start.

EVENT: FITNESS CLASS

HOSTED BY: KATE PARFREY

DATE: MONDAY 15TH & MONDAY 22ND FEBRUARY

TIME: 07:45 (TBD)

DURATION: 30 MINS

ATTENDED BY: ADVANCED GROUP

CONTENT: Kate will host the second live zoom class with the advanced group. The zoom will be open at 07:40 for a 07:45 start.

WEEK 2 & 3

EVENT: MINDFULNESS ZOOM

HOSTED BY: MICHELLE O'DRISCOLL

DATE: WEDNESDAY 17TH & 24TH FEBRUARY

TIME: 13:00 (TBD)

DURATION: 30 MINS

ATTENDED BY: ALL

CONTENT: Michelle will host her second Mindfulness zoom class. This will be a 30 minute meditation style session and once completed the floor will be open for any questions.

WEEK 4

EVENT: FITNESS CLASS

HOSTED BY: KATE PARFREY

DATE: MONDAY 1ST MARCH

TIME: 07:00 (TBD)

DURATION: 30 MINS

ATTENDED BY: BEGINNER GROUP

CONTENT: Kate will host her live zoom class with the beginner group. The zoom will be open at 06:55 for a 07:00 start.

EVENT: FITNESS CLASS

HOSTED BY: KATE PARFREY

DATE: MONDAY 1ST MARCH

TIME: 07:45(TBD)

DURATION: 30 MINS

ATTENDED BY: ADVANCED GROUP

CONTENT: Kate will host her live zoom class with the advanced group. The zoom will be open at 07:40 for a 07:45 start.

WEEK 4

EVENT: MINDFULNESS ZOOM

HOSTED BY: MICHELLE O'DRISCOLL

DATE: WEDNESDAY 3RD MARCH

TIME: 13:00 (TBD)

DURATION: 30 MINS

ATTENDED BY: ALL

CONTENT: Michelle will host her Mindfulness zoom class. This will be a 30 minute meditation style session and once completed the floor will be open for any questions.

EVENT: DERVAL MIDWAY ZOOM

HOSTED BY: DERVAL O'ROURKE

DATE: FRIDAY 5TH MARCH

TIME: 13:00

DURATION: 30 MINS

ATTENDED BY: ALL

CONTENT: Derval will host her second Zoom call to all of the attendees. The agenda for this Zoom will be based upon any feedback or question we receive from our first 4 weeks. There will also be an opportunity for ad hock questions during the Zoom.

WEEKS 5 - 7

EVENT: FITNESS CLASS

HOSTED BY: KATE PARFREY

DATE: MONDAY 8TH / 15TH/ 22ND / 29TH MARCH

TIME: 07:00(TBD)

DURATION: 30 MINS

ATTENDED BY: BEGINNER GROUP

CONTENT: Kate will host her live zoom class with the beginner group. The zoom will be open at 07:40 for a 07:45 start.

EVENT: FITNESS CLASS

HOSTED BY: KATE PARFREY

DATE: MONDAY 8TH / 15TH/ 22ND / 29TH MARCH

TIME: 07:45(TBD)

DURATION: 30 MINS

ATTENDED BY: ADVANCED GROUP

CONTENT: Kate will host her live zoom class with the advanced group. The zoom will be open at 07:40 for a 07:45 start.

WEEKS 5 - 7

EVENT: MINDFULNESS ZOOM

HOSTED BY: MICHELLE O'DRISCOLL

DATE: WEDNESDAY 10TH/ 17TH / 24TH MARCH

TIME: 13:00 (TBD)

DURATION: 30 MINS

ATTENDED BY: ALL

CONTENT: Michelle will host her Mindfulness zoom class. This will be a 30 minute meditation style session and once completed the floor will be open for any questions.

WEEK 8

EVENT: DERVAL FIANL ZOOM

HOSTED BY: DERVAL O'ROURKE

DATE: FRIDAY 2ND APRIL

TIME: 13:00

DURATION: 30 MINS

ATTENDED BY: ALL

CONTENT: Derval will host her last Zoom call to all of the attendees. The agenda for this Zoom will be based upon any feedback or question we receive from our 8 weeks. There will also be an opportunity for ad hoc questions during the Zoom.