



Croí Programme Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Details
10:00 – 11:00am Mojo Moves	10:00 – 11:00am Nifty Lifters	10:00 – 11:00am Mojo Moves			Mojo Moves/ Nifty Lifters <ul style="list-style-type: none"> • 6-week programme • Beginners require fitness assessment • Fitness assessment and programme = €70 • Returning participants, programme = €40 Yoga <ul style="list-style-type: none"> • 6-week programme = €50 Regenerate <ul style="list-style-type: none"> • 6-week programme • Beginners require fitness assessment • Trialing at the moment so will be free of charge CLANN Fitness <ul style="list-style-type: none"> • Beginners require PARQ form filled in • 6-week programme = €40
		10:00 – 11:00am CLANN Fitness			
				11.00 – 12.00pm Regenerate	
2:00 – 3:00pm CLANN Fitness					
	7:00 – 8:00pm Yogalates		7:00 – 8:00pm Yoga		
Class Descriptions:					
<ul style="list-style-type: none"> • MOJO MOVES – cardiovascular fitness class • NIFTY LIFTERS – strength training class • REGENERATE – cardiovascular and strength class for stroke survivors • YOGALATES – mixture of yoga and Pilates • YOGA– yoga with strengthening aspect • CLANN FITNESS – cardiovascular fitness class for participants who have completed the CLANN programme 					