



# WEEKLY TIMETABLE

## Monday



11am-12pm: DCU PE Programme  
2pm-3pm: Aqua Minds

## Tuesday



11am-12pm: Bowling Group  
2pm-3pm: Special Olympics Bowling

## Wednesday



12am-1pm: Football Group  
1pm-2pm: Competitive Football

## Thursday



10am-11am: Zumba  
11:15am-12:15pm: Yoga

## Friday



9:45am-10:45am: Zumba  
10:30am-1pm: Golf  
10:30am-1pm: Bowls

