



MULHUDDART COMMUNITY CENTRE



TIMETABLE

Day	Time	Activity	Group Name	Ages group	Contact No.
Monday	10:00 -12:00	Chair Pilates		Adults	897046675
	14:00-16:00	Fitness Class	Exwell	Adults	By Referral From Doctor
	16:30-17:30	Ballroom + Latin Dancing	Dublin Dance Sports Centre	All Ages	info@vivaschoolofdance.com
	17:00-21:00	Football	St Mochta's FC	8+yrs	admin@stmochtasc.com
Tuesday					
	10:00 - 12:00	Practical language Service	Conversations for Life	Adults	Stephen:087 368 0860 Email:sneestephen1@hotmail.com
	12:00 – 13:00	Active For Life		Adults	
	16:30 – 19:30	Irish Dance	Mary O'Connor School of Dance	Children/Teen	Mary 01 885 6224
	15:45 – 21:45	Football	Mulhuddart FC	4 -18's	Johnny Cash : 0852887440
Wednesday	19:30-20:30	Fitness Class	Zumba	Adults	Tatjana: 086 806 0216
	10:00 - 12:00	Practical language Service	Conversations for Life	Adults	Stephen:087 368 0860 Email:sneestephen1@hotmail.com
	13:30 – 14:30	National Learning Network		Adults	michaelbreen@nln.com
Thursday	14:30-16:45	Fitness Class	Exwell	Adults	By Referral From Doctor
	17:00 – 19:00	Danceing	CDRM School of Dance	tbc	kizzersuzie@hotmail.com
	17:00 – 19:00	Football	St Mochta's FC		Frank Dompreeh: 087 26207020
Friday	09:30 – 12:00	Parent and Toddler Group	Empower	Families	mgomez@empower.ie
	16:30-19:15	Irish Dancing Classes	Mary O Connor School of Dance	Children/Teen	Mary 01 885 6224
	14:00 – 15:30	Group Counseling	Blanchardstown Counseling	Adults	blanchardstowncounseling@gmail.com
	15:45 – 21:45	Football	Mulhuddart FC	All Ages	tneeson@live.co.uk
Saturday	09:30 – 11:30	Art	Art	All Ages	
	13:30-14:30	Prayer Meeting	Blanch. Muslim Group	All Ages	Abdul 086 174 7721
	16:00 – 17:00	Sports	PickleBall	15+	Valentinticu@yahoo.com
	17:00 – 18:30	Girl Guides	Group Activity	10	
	17:00 - 18:00	TEQBALL	TEQBALL	15+	Valentinticu@yahoo.com
Sunday	19:00-20:00	Bible Study	KCC Church	Adults	Arma 087 941 0168
	9:30 - 10:30	Zumba	Wilson	16+	Wilson: 0879126871
	10:30 - 13:00	Junior Football	Soccer Stars	1.5 - 5 yrs	Alan: 087 347 7014
	11:00 - 15:00	Music	Dublin 15 music school	6+	Amanda Fitzpatrick
	12:00 - 13:00	Teqball	TEQBALL	15+	Valentinticu@yahoo.com
	10:00 -14:00	Flourish	Calvary Chapel	All Ages	www.ccdublin.com hello@cc-dublin.com
	14:30-17:00	Islamic Lessons	Al-Awal Quranic	Children/Teen	alawalcentre@gmail.com
	9:30 – 10:30	Teqball	TEQBALL	15+	Valentinticu@yahoo.com

Time subject to change - please contact the centre to book and confirm times.

