

STUDIO SPACE FOR HIRE

Birthday Parties

Anniversaries

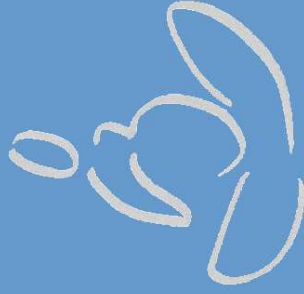
Seminars

Contact Tanya Gillen

075 25 49 69 68

COMING SOON ...

Pregnancy Yoga



Starting September

Contact Helen Walshaw

028 70327013

Booking from August

THE ARCADIA BEACH CAFÉ



ICE CREAMS

HOMEMADE SOUP

FRESHLY BAKED SCONES

TRAY BAKES

PANINIS



FAIRTRADE

OPEN 8.30AM TILL LATE

MONDAY TO SUNDAY

GET FIT FOR
SUMMER!

AT

THE ARCADIA



CLASS TIMETABLE

ARCADIA SUMMER CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Day Classes	10 – 11am Pilates Paul Connolly	10.30 – 11.30am Salsacise Sonya McCandless	'Just Dance' Summer School 10 – 12am 5-8 yrs 1 – 3pm 9-11 yrs 3.30 – 5.30pm 11-15 yrs <i>7th July - 25th August</i>	9.30 – 11am Yoga Tanya Gillen	9.30 – 11am Yoga Elaine Mullan
	11 – 12am Pilates Paul Connolly			11.30 – 1pm Yoga for Hypertension Tanya Gillen	11.30 – 12.30pm Children's Yoga 6 – 11 yrs Elaine Mullan
					£4.00 per Session <i>9th July – 20th August</i>
				5 – 6pm Kung Fu Master Zhu Chang Hai	8 – 9pm Cha Cha Cha Sonya McCandless
Evening Classes	6 – 7.30pm Dynamic Flow Tanya Gillen	6 – 7.30pm Beginners Yoga Elaine Mullan	6 – 7.30pm Yoga Tanya Gillen		
	8 – 9.30pm Beg. Dynamic Flow Tanya Gillen	7.45 – 8.30pm Circuits Carl Russell	8 – 9.30pm Yoga Tanya Gillen	6.15 – 7.30pm Tai Chi Master Zhu Chang Hai	
				7.45 – 8.30pm Fit Ball Carl Russell	

Tanya Gillen — Yoga

Paul Connolly — Pilates

Carl Russell — Circuits & Fit Ball

Master Zhu Chang Hai — Kung Fu & Tai Chi

Sonya McCandless — Salsacise & Cha Cha Cha

Andrew Donnell— 'Just Dance'

Victoria Lagan — 'Just Dance'

Elaine Mullan — Yoga & Children's Yoga

075 25 49 69 68

077 08 24 64 74

077 48 25 77 17

077 35 13 62 36

075 48 51 87 86

079 07 80 61 53

078 45 00 65 11

078 87 55 08 82

£4.00 unwaged £5.00 waged

£4.00

£5.00

£5.00

£4.00

£4.50

£4.50

£4.00 unwaged £5.00 waged

All Classes Pay as
You Go