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KINSALE YOGA CENTRE

68 Lower O'Connell St, Kinsale (behind Actons Hotel, next to the Black Pig Winebar)

JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
"Yoga Flow" Beginners/ Improvers 10am - 11.15am Rose 089 4930312 Starts 8th Jan	Mindfulness Meditation & Gentle Yoga 9.30am - 10.30am Rose 089 4930312 Starts 9th Jan	Astanga Style Yoga 9.45am - 10.45am Martina 0876166109 Starts 10th Jan	One to One Individual Yoga Booking Essential! Rose 089 4930312 Starts 11th Jan	MELT Method 9.30am - 10.30am Jason 086 7842897 Starts 26th Jan	Hatha Yoga 8am - 10am Veronique 087 3934389 Starts 6th Jan
Yoga/Pilates as Therapy for Back Care 11.30am - 12.30pm Rose 089 4930312 Starts 8th Jan	Pilates & Yoga Tone-Up 11am - 12pm Rose 089 4930312 Starts 9th Jan	Beginners/ Improvers Hatha Yoga 11am - 12pm Martina 0876166109 Starts 10th Jan	Yoga Flow 10am - 11.15am Rose 089 4930312 Starts 11th Jan	Hatha Yoga Gentle Stretch 11am-12pm Fiona 086 0529129 Starts 12th Jan	Chi Kung & Meditation 11am-12pm Tai Chi & Relaxation 12.15pm - 1.15pm (one Sat off each month) Pam 087 2132663 Starts 27th Jan
Teens Yoga 5.15pm - 6.20pm Mary 087 7623822 Starts 15th Jan	One to One Individual Yoga Booking Essential! Rose 089 4930312 Starts 9th Jan	One to One Yoga/Pilates Booking Essential! Rose 089 4930312 Starts 10th Jan	Kids Story Time 8-12yrs (course only) 4pm - 5pm Teens Yoga 16+ 5.15pm - 6.20pm Mary 087 7623822 Both start 18th Jan	MELT Method 6.30pm - 7.30pm Jason 086 7842897 Starts 26th Jan	Relax Kids 4pm - 5pm 6 week course Starts Jan 27th Sarah 087 6920265
Pre-Natal Yoga 6.45pm Starts 22nd Jan	"Yoga Flow" Beginners/ Improvers 6.30pm - 7.45pm Rose 089 4930312 Starts 9th Jan	Yoga For Wellbeing 6.45pm - 7.45pm Eileen 087 2383849 Starts 17th Jan	Dynamic Yoga Flow 6.30pm - 7.45pm Rose 089 4930312 Starts 11th Jan	One to One Individual Yoga Booking Essential! Rose 089 4930312	
Yoga for Wellbeing 8pm - 9.15pm Eileen 087 2383849 Starts 15th Jan	Men's Beginner/ Improvers Yoga 8pm - 9.15pm Rose 089 4930312 Starts 9th Jan	Mindful Meditation & Gentle Yoga 8pm - 9.15pm Eileen 087 2383849 Starts 17th Jan	Beginners/ Improvers Gentle Flow Yoga 8pm - 9.15pm Liz 085 8133718 Starts 18th Jan	SUNDAY Mindfulness Meditation & Gentle Yoga 6.30pm - 7.30pm Rose 089 4930312 Starts 7th Jan Emotional Detox Workshop 4pm - 6pm First Sunday of the month Veronique 087 3934389	

ALL CLASS TIMES SUBJECT TO CHANGE

Please text/phone Teacher for enquiries or to book a class/course

"DROP IN" WELCOME TO MOST CLASSES (€12) OR BUY A SET/COURSE OF 6 (€60)

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WEDNESDAY
KINSALE

THURSDAY
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Class: 6pm - 7pm

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6

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*Why not come and view Actons Hotel for your Special Day
by booking an appointment with Ian, ieaton@actonshotelkinsale.com*

Actons Hotel will be closed from 8th January for refurbishments of our
Bedrooms, Suites & Sidney's Bar. Reopening on 26th January.

The Leisure Centre, Conference & Banqueting Department & Reservations will remain open.

Keep an eye on our social media for a sneak peek of our new additions!

Actons Hotel, Kinsale Phone: 021 4779900



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7

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Think
Fit with Deb



**GET FIT, LOSE WEIGHT
2018 TIMETABLE**



- Monday 8th January**
 9.45am ZUMBA TONING
 at Saile Kinsale
- 7pm PILATES IMPROVERS
 at Ballinspittle Hall
- Tuesday 9th January**
 6.10pm INTERMEDIATE PILATES
 7.15pm ZUMBA FITNESS
 at Innishannon Hall
- Wednesday 10th January**
 10am BEGINNER PILATES
 11am ADVANCED PILATES
 at Lucy French Studio Kinsale
- 7pm ZUMBA TONING
 at Carrigaline Educate Together School
- Thursday 11th January**
 10am PILATES IMPROVERS
 at Bandon Town Hall
- 6.10pm BEGINNER PILATES
 7.15pm PILOXING
 8.15pm PILATES ADVANCED
 at Innishannon Hall
- Tuesday 16th January**
 8.15pm *NEW H.I.I.T. WORKOUT*
 at Innishannon Hall

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SATURDAY 6th JANUARY 10pm
JORDAN K BAND

Rock/Contemporary Covers

SUNDAY 7th JANUARY 9pm
KING K

5 Piece Rockin' Covers

FRIDAY 12th JANUARY 10.30pm
GDR

SATURDAY 13th JANUARY 10pm
KING K

5 Piece Rockin' Covers

Bacchus Nightclub

Saturday 6th January DJ SEAN
 90s Club Classics & Chart. Doors 11:30pm. Free before 12.

Saturday 13th January DJ SEAN
 90s Club Classics & Chart. Doors 11:30pm. Free before 12.





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KINSALE PHOTOGRAPHIC SOCIETY (Camera Club)

*New or Old Camera? Beginner or Advanced?
All who love photography and enjoy being with
others who share the passion are welcome.*

NEXT MEETING:

Tuesday 9th January 2018

8:00pm

Kinsale Temperance Hall

For more details please visit www.kinsaleps.com
or text Tim: 085 8466168



Kinsale
Photographic
Society



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9

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BODY BALANCE

NUTRITION AND FITNESS WEEKEND WORKSHOP



**Ballinacurra House,
Kinsale**

**Saturday 27th &
Sunday 28th January
2018**

David Rice, owner of Kinsale Gourmet Academy cookery school, and Mark Eaton, personal trainer and strength coach, have teamed up to offer a very unique total immersion health and fitness retreat on the grounds of the five star award winning private estate, Ballinacurra House.

What's included:

- Overnight accommodation on Saturday night to include breakfast
- All meals provided for the weekend as listed in the Rundown
- All training sessions with Mark
- All cookery demonstrations with Dave
- Bodyweight training programs
- Recipe packs and nutritional guidelines
- Access to our Havana Club Cocktail Bar
- Tea and coffee with all meals
- Access to our private bar
- All drinks paid on consumption

Cost: €390 per person (Twin Share Room)
€450 per person (Single Room Occupancy)

For any guests wishing to make weekend of it, then it will be an additional €90 per person for B&B per night

For more information or for bookings email info@kinsalegourmetacademy.com



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Main Street, Kinsale

LIVE MUSIC LINE-UP

Friday 5th January, 10pm
JIMMY WHITE

Saturday 6th January, 10pm
MOLLY MAGUIRES

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TUESDAY

6.15AM - 7.00AM
7.30PM - 8.30PM

WEDNESDAY

9.30AM - 10.30AM
6.30PM - 7.30PM

THURSDAY

6.15AM - 7.00AM
7.30PM - 8.30PM

FRIDAY

6.30PM - 7.30PM

SATURDAY

9.30AM - 10.30AM

SUNDAY

10AM - 11AM

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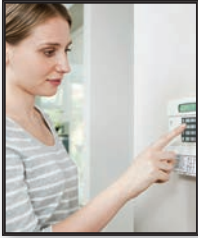


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11

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THE GLEN, KINSALE
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Friday 5th January, 10pm

AMERICANICS

Saturday 6th January

Celebrate

*Women's Little Christmas
at Sam's Bar with*

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Saturday 6th January

FA CUP 3RD ROUND

Norwich v Chelsea 5pm

GUINNESS PRO 14 RUGBY

Munster v Connacht 7.45pm

Sunday 7th January

FA CUP 3RD ROUND

Notts Forest v Arsenal 3.30pm

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13

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NOTICES



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New Road, Bandon, Co. Cork

Tel: 023 88 41179



Miraculous Prayer

Dear Sacred Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it, dear Heart of Jesus and place it within your own broken heart, where our Father sees it. Then in his merciful eyes it will become your favour, not mine, Amen.

Say this prayer for 3 days, promise publication and the favour will be granted, no matter how impossible. Never known to fail. GH

**A BIG THANK YOU TO ALL WHO HELPED
AT THE "KINSALE SINGS FOR SIMON"
EVENT ON 17TH DECEMBER.**

WE RAISED €1,189 FROM SIMON COMMUNITY

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WHAT'S ON IN KINSALE & DISTRICT

Friday 5th
January to
Thursday 11th
January 2018

FRI 5th JAN

ARMADA:
Jukebox Night.
BLUE HAVEN:
Kurtis Goodwolf, 10pm.
FOLKHOUSE:
Mike O Trio, 10.30pm.
HAMLETS:
DJ, 10pm.
KINSALE YOGA CENTRE:
See full timetable on page 3.
ROGUE FITNESS INDOOR CYCLING:
6.30pm-7.30pm.
SAM'S BAR:
The Americhanics.
SILENT BANJO:
Jimmy White, 10pm.

Women's Little Christmas

SAT 6th JAN

ARMADA:
Paddy Nolan.
BACCHUS NIGHTCLUB:
DJ Sean, 11.30pm.
BLUE HAVEN:
Women's Little Christmas with Sharon Crosbie, 10pm.
FOLKHOUSE:
Jordan Kay Band, 10pm.
HAMLETS: DJ, 10pm.
HUNTSMAN, BELGOOLY:
Celebrate Women's Little Christmas with The Trinity Experience.
KINSALE YOGA CENTRE:
See full timetable on page 3.
LORD KINGSALE:
Kevin MacSweeney.
PINK ELEPHANT:
Women's Little Christmas.
SAM'S BAR:
Women's Little Christmas with Grainne Ryan.
SILENT BANJO:
Molly Maguires, 10pm.

TRIDENT HOTEL:
Full Day Astrological Workshop, 10am-5pm. Cost €150. Ph: 083 8073907.
TRIDENT HOTEL:
Celebrate Women's Little Christmas, Prosecco Reception, 3 Course Menu, Live Music.
WHITE HOUSE:
Celebrate Women's Little Christmas. Live Lees, 10.30pm.

SUN 7th JAN

ARMADA:
Shane & Friends.
BLUE HAVEN:
Trad Session 8.30pm.
FOLKHOUSE:
King K, 9pm.
KINSALE BAPTIST CHURCH: 11am, Temperance Hall.
KINSALE YOGA CENTRE:
See full timetable on page 3.
ROGUE FITNESS INDOOR CYCLING:
10am-11am.

MON 8th JAN

BLUE HAVEN:
Mike O'Riordan, 9pm.
DALTON'S BAR:
Trad singalong.
KINSALE YOGA CENTRE:
See full timetable on page 3.
ROGUE FITNESS INDOOR CYCLING:
6.30pm-7.30pm.
THINK FIT WITH DEB:
9.45am: Zumba Toning at Saile.
7pm: Pilates Improvers at Ballinspittle Hall.

TUES 9th JAN

BABY & TODDLER MORNING:
Temperance Hall, 10am - 12 noon.

BLUE HAVEN:
Sonny & Friends, 9pm.
KILMACSIMON COMMUNITY CENTRE:
Jive Course - 4 week beginner's course, 8pm. www.tomjive.com
KINSALE ACTIVE RETIRED ASSOCIATION:
Open Day, 2.30pm at Temperance Hall.
KINSALE MEN'S SHED, THE GLEN:
Card Game - 45s. 8pm-10pm.
KINSALE PHOTOGRAPHY SOCIETY:
Camera Club Meeting Temperance Hall, 8pm.
KINSALE YOGA CENTRE:
See full timetable on page 3.
KUK SOOL WON:
Carrigaline. 100% Off Joining Fee for January.
ROGUE FITNESS INDOOR CYCLING:
6.15am-7am, 7.30pm-8.30pm.
THINK FIT WITH DEB:
6.10pm: Intermediate Pilates.
7.15pm: Zumba Fitness at Innishannon Hall.

WED 10th JAN

BLUE HAVEN:
Niall McCabe, 9.30pm.
CASEY'S, KINSALE:
Bingo Night, 8.30pm.
KINSALE YOGA CENTRE:
See full timetable on page 3.
KUK SOOL WON:
Kinsale. 100% Off Joining Fee for January.
SLIMMING WORLD:
Saile Centre, 9.30am, 5.30pm, 7.30pm.

ROGUE FITNESS INDOOR CYCLING:
9.30am-10.30am. 6.30pm-7.30pm
THINK FIT WITH DEB:
10am: Beginner Pilates. 11am: Advanced Pilates at Lucy French Studio, Kinsale. 7pm: Zumba Toning at Carrigaline Educate Together School.
UNISLIAM:
Wilton, SMA Parish Centre: Weigh & Go 5.30pm-6pm. Class: 6pm-7pm.

THUR 11th JAN

BLUE HAVEN:
Mike O'Riordan & guest, 9.30pm.
DALTON'S BAR:
Trad.
KINSALE YOGA CENTRE:
See full timetable on page 3.
KUK SOOL WON:
Ballinspittle. 100% Off Joining Fee for January.
ROGUE FITNESS INDOOR CYCLING:
6.15am-7am. 7.30pm-8.30pm.
THINK FIT WITH DEB:
10am: Pilates Improvers at Bandon Town Hall. 6.10pm: Beginner Pilates. 7.15pm: Piloxing. 8.15pm: Pilates Advanced at Innishannon Hall.
UNISLIAM:
Kinsale, Saile Centre, C-Room Prefab: Weigh & Go 5.30pm-6pm. Class: 6pm-7pm.





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