

# Classes available in *March* & *April* 2026



Welcome to our Community Centre — a warm, welcoming space where people of all ages come together to connect, learn, and grow.

T 021 4510470 E:[thegcacork@gmail.com](mailto:thegcacork@gmail.com) [www.glounthaune.ie](http://www.glounthaune.ie)

## Monday

9.30 am Buzzi Bounce Box: Children's Movement Class 6-18 mths [buzzi@bouncebox.ie](mailto:buzzi@bouncebox.ie)  
10.30 am Buzzi Bounce Box: Children's Movement Class 18mths-4yrs:"  
10.30 am Active Retirement Fitness Class. Jill McNamara 086 8138807  
2 pm Parkinson's Group: Tai Chi Exercise Class: Jackie 087 204 7169  
4 pm Cowhie Ryan Irish Dancing, Suzanne O'Neill 086 026 6110  
3.30 pm KidLit Creators: Creative writing for Kids. 8-10yrs [kidlitcreators@hotmail.com](mailto:kidlitcreators@hotmail.com)  
6.30 pm Feeling Crafty Sewing Class: Joanna [www.joannasfeelingcrafty.com](http://www.joannasfeelingcrafty.com) 086 856 3291  
6.30 pm Beginners (Level 1) Yoga with Kate Cuddy 086 8214002  
8 pm Intermediate (Strong) Yoga with Kate Cuddy 086 8214002 [www.katecuddy.yoga](http://www.katecuddy.yoga)

## Tuesday

9.30 am Improvers Yoga, with Kate Cuddy 086 8214002 [www.katecuddy.yoga](http://www.katecuddy.yoga)  
4.00 pm Guitar Lessons with Alastair 089 966 1321 [alastairmcdouglas@gmail.com](mailto:alastairmcdouglas@gmail.com)  
6.30 pm Teens Yoga with Kate Cuddy 086 8214002 [www.katecuddy.yoga](http://www.katecuddy.yoga)  
7 pm Highlands Bridge Club. New members welcome. Sean O'Breasail 087 242 9691  
8 pm Beginners (Level 1) Yoga with Kate Cuddy 086 8214002

## Wednesday

9.30 am Gentle Yoga with Kate Cuddy 086 821 4002 [www.katecuddy.yoga](http://www.katecuddy.yoga)  
12.15 pm Cork Parkinson's Support Group Meet 1<sup>st</sup> Wed each Month: Jackie 087 204 7169  
3.30 pm Gaeilge Beo: Irish Speaking Group. Lena 021 435 3288 (every 2<sup>nd</sup> Week)  
3.45 pm O'Sullivan Academy Irish Dancing (Jacintha) 083 162 2570  
6.30 pm 'Feeling Crafty' Sewing lessons with Joanna O'Dowd 086 856 3291  
7 pm Zumba Class. Contact Karine (Kaz) 087 784 0329  
8 pm East Cork Community First Responders: 086 2393676 Monthly Meeting

## Thursday

9.30 am Qigong Group 1, Anne Marie Maguire:[www.taichiqigonghaven.ie](http://www.taichiqigonghaven.ie)  
10.45 am Qigong Group 2, Anne Marie Maguire (see above)  
12 pm Tai Chi with Anne Marie Maguire Email: [taichi.qigong.haven@gmail.com](mailto:taichi.qigong.haven@gmail.com)  
5 pm Yoga Bears Class, kids' yoga with Laura Maybury 085 732 2233  
6.30 pm New Pilates Class: contact Kate Cuddy 086 821 4002 [www.katecuddy.yoga](http://www.katecuddy.yoga)  
6.30 pm NEW Watercolour Art Class, [www.sarahrohu.ie](http://www.sarahrohu.ie)  
7.45 pm Adult Exercise class: New members welcome (contact the office)

## Friday

9.45 am 'Language Rockets' 17mths - 3.5yrs group 1 - [languagerockets@gmail.com](mailto:languagerockets@gmail.com)  
11.00 am 'Language Rockets' 17mths - 3.5yrs group 2- [languagerockets@gmail.com](mailto:languagerockets@gmail.com)  
10.30 am Active Retirement Fitness Class. Jill McNamara 086 813 8807  
11.45 am Craft & Chat Group meetup. All Welcome. 086 813 4131 Tara  
3.15 pm Starstruck Studio : Ballet with Aisling Byrne -[aisling@starstruckstudios.org](mailto:aisling@starstruckstudios.org)  
3 pm Music Lessons (Piano, Violin, Guitar) with Afric Prendergast 087 657 7938

## Saturday

10 am CADA Performing Arts for Children. 021 4866389

[info@cadaperformingarts.ie](mailto:info@cadaperformingarts.ie)



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