



EAST CORK ATHLETICS DIVISION
eastcorkathleticsdivision.com

Strength & Conditioning Classes Fridays 7 - 8pm

Date:

Venue:

23rd September

Midleton CBS

30th September

Carrigtwohill GAA Club

7th October

Colaiste an Chroi Naofa, Carraig na bhFear

14th October

Unit 5, Market Green, Midleton

21st October

Fota Island Resort

28th October

Midleton CBS

4th November

Colaiste an Chroi Naofa, Carraig na bhFear

11th November

Cancelled