



EASTERN HARPS G.A.A. CLUB



Operation Transformation Timetable 2017

Day	Venue	Weigh-In Times	Class Duration	Class Type
Sunday 8 th Jan	Gurteen Hall	1st weigh-in 7.30 – 8.15pm	8.15 – 9.00pm	Information Session
Tuesdays 10 th Jan – 21 st Feb	Gurteen Hall	9.30 - 10.00am	10.00 – 11.00am	Fitness – Mixed
		6.30 - 7.00pm	7.00 – 8.00pm	Fitness – Ladies Only
		7.30 – 8.00pm	8.00 – 9.00pm	Fitness – Mixed
		8.30 - 9.00pm	9.00 – 10.00pm	Fitness – Mixed**
Thursdays 12 th Jan – 16 th Feb	Keash GAA Grounds	No Weigh-in	8.00 - 9.00pm	Boot-camp - Mixed (Weather Permitting)
Saturdays 14 th Jan – 18 th Feb	Forest Park	No Weigh-in	09.30 - 10.30am	Park Run/Walk (5k)
Sundays 15 th Jan – 19 th Feb	Keash (Pitch) 15 th Jan	5K	1.00pm	5 -10k Family Fun Walk / Climb **(Times & Venues may be subject to change)
	Culfadda 22 nd Jan	6-7K	3.00pm	
	Strandhill/Knocknarea 29 th Jan	Walk/Climb	10.00am	
	Ballinafad 5 th Feb	8-9K	12.00md	
	Cloonloo 12 th Feb	8K	10.00am	
	Keash (Hall) 19 th Feb	9K	3.00pm	
Thursday 23 rd Feb	Gurteen Hall	6.30 - 8.00pm	Final Weigh-In (No Class)	Final Weigh-In (All participants)
Saturday 25 th Feb	Forest Park	No Weigh-in	09.30 – 10.30am	5k Run/Walk (All participants)
Saturday 25 th February	Drurys Lounge Monasteraden	No Weigh-in	9pm – Close!!	OT Celebration Night (including prizegiving)

*Weekly weigh-in is **compulsory** for all members of a team who are competing for the weekly prize.

** There is NO weigh-in before classes on Tuesday 10th January

** The 9pm-10pm fitness class is not guaranteed, as it is dependent on numbers.

**EVENT SPONSORS: LAVINS OUTFITTERS, BALLYMOTE - THE CROSSBAR BAR & RESTAURANT, GURTEEN
TANSEYS CENTRA, GURTEEN - SLIGO SPORTS AND RECREATION PARTNERSHIP**