

fit for all

NATIONAL WEEK

12th - 18th October 2020

Online Events



cara
sport • inclusion • ireland

 SPÓRT ÉIREANN
SPORT IRELAND

A Week Of Physical Activity Online To Enjoy And Join In At Home



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Monday 12th October

Video Introduction to Fit For All Week

9am

Cara Home Exercise Video (Aerobics)

10am

Fingal Sports 'Digifit For All' (Session 1)

2pm

Cara Physio-Pilates Workout Video

6pm

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Tuesday 13th October

Cara Home Exercise Video (Boxercise 1)

10am

Fingal Sports 'Digifit For All' (Session 2)

2pm

Inclusive Fitness Webinar
(LSP Perspective on Inclusive Fitness)

6pm

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Wednesday 14th October

Cara Home Exercise Video (Boxercise 2)	10am
Fingal Sports 'Digifit For All' (Session 3)	2pm
Seated Pilates with Lisa Kenny (Session 1)	6pm

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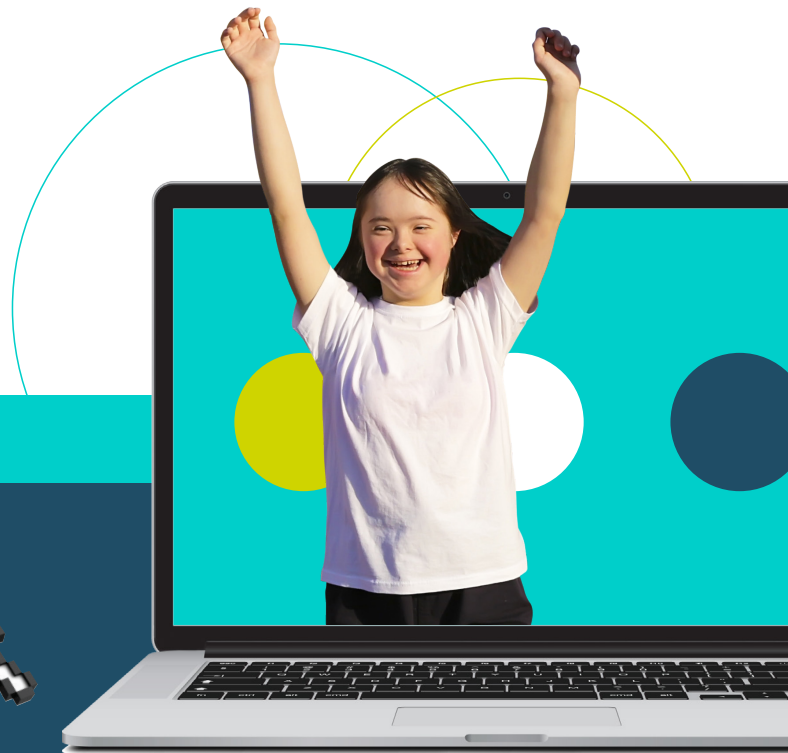


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Thursday 15th October

Cara Home Exercise Circuit (Dance)

10am

Fingal Sports 'Digifit For All' (Session 4)

2pm

Inclusive Fitness Webinar
(Panel on Inclusive Fitness)

6pm

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Friday 16th October

Cara Home Exercise Video (Yoga)	10am
Fingal Sports 'Digifit For All' (Session 5)	2pm
Seated Pilates with Lisa Kenny (Session 2)	6pm

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Saturday 17th October

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‘Im In Too’ Video - Geraldine’s Story **10am**

Fingal Sports ‘Digifit For All’ (Session 6) **12pm**

Inclusive Fitness for Teenagers with
Active Kids Academy (Session 1) **2pm**

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Sunday 18th October

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‘Im In Too’ Video - Dale’s Story **10am**

Fingal Sports ‘Digifit For All’ (Session 7) **12pm**

Inclusive Fitness for Teenagers with
Active Kids Academy (Session 2) **2pm**

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