



Pilates Timetable

Class Starts	Monday	Tuesday	Wednesday	Thursday	Friday
7:30am	Runners <i>Tadhg</i>	Intermediate <i>Conor</i>	Runners <i>Tadhg</i>	Beginner <i>Sharon</i>	Intermediate <i>Lynn</i>
12:00pm 45min class	Beginner <i>Sandra</i>			Beginner <i>Sandra</i>	Beginner <i>Sandra</i>
12:15pm 45min class		Beginner <i>Sandra</i>	Advanced <i>Sandra</i>		
12:45pm	Advanced <i>Sandra</i>			Intermediate <i>Andrew</i>	Intermediate <i>Conor</i>
1pm	Beginner <i>Aidan</i>	Advanced <i>Sandra</i>	Intermediate <i>Sandra</i>		
5pm		Prenatal <i>Sandra</i>			
6pm	Beginner <i>Sandra</i>	Room 4 Beg <i>Sandra</i>	Room 7 Inter <i>Tadhg</i>	Intermediate <i>Sandra</i>	Beginner <i>Sandra</i>
7pm	Intermediate <i>Sandra</i>	Beginner <i>Sandra</i>	Advanced <i>Sandra</i>	Advanced <i>Sandra</i>	
8pm	Intermediate <i>Sandra</i>	Intermediate <i>Sandra</i>	Beginner <i>Sandra</i>	Intermediate <i>Sandra</i>	

■ Beginner Pilates
 ■ Intermediate Pilates
 ■ Advanced Pilates
 ■ Runners Pilates
 ■ Prenatal Pilates
this is an advanced class

Pilates Prices

1 Class €20

Discounted Packages *

3 Classes €50 7 Classes €100 11 Classes €150

* *Terms & Conditions*

When purchasing discounted packages;
Changes in class time/date or class cancellation will incur a loss of that class.