



## Pilates Timetable

Class Starts	Monday	Tuesday	Wednesday	Thursday	Friday	
7:30am		Intermediate	Runners	Beginner	Intermediate	
12:00pm 45min class	Beginner			Beginner	Beginner	
12:15pm 45min class		Beginner	Advanced			
12:45pm	Advanced			Intermediate	Intermediate	
1pm	Beginner	Beg	Adv	Intermediate		
5pm		Prenatal				
6pm	Beginner	Beg	Inter	Beg	Inter	Beginner
7pm	Intermediate	Beginner	Advanced	Advanced		
8pm	Intermediate	Intermediate	Beginner	Intermediate		

■ 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.  
 Packages must be used within one year from date of purchase.