



Pilates Timetable

| Class Starts | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|--------------|--------------|--------------|--------------|--------------|
| 7:30am | | Intermediate | Run Inter | 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.