



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.