



BODYFIRM PILATES AND THERAPY STUDIOS – Ireland’s Premier Fully Equipped Pilates Studio
JULY CLASS SCHEDULE

DATE COMMENCING	MAT TIMES	MAT GROUP CLASS	REFORMER TIMES	REFORMER GROUP CLASS
MONDAY 6th JULY				
6 WEEK COURSE			5.30pm	REFORMER Introduction NO Pilates Experience Required
	6.30pm	MAT LEVEL 1 Beginners	6.15pm	REFORMER LEVEL 2
	7.30pm	MAT LEVEL 2/3	7.05pm	REFORMER LEVEL 3
			8.00pm	REFORMER LEVEL 1 Beginners
TUESDAY 28th JULY			11am	REFORMER LEVEL 2
6 WEEK COURSE				
	6.30pm	MAT LEVEL 2/3	6.15pm	REFORMER LEVEL 2
	7.30pm	MAT LEVEL 1 Beginners	7.00pm	REFORMER LEVEL 3 30 Minute Blitz
			7.30pm	REFORMER LEVEL 2 30 Minute Blitz
			8.00pm	REFORMER LEVEL 2 30 Minute Blitz
WEDNESDAY 22nd JULY	11am	MAT LEVEL 1 Beginners		
6 WEEK COURSE	6.15pm	MAT LEVEL 3/4	6.15pm	REFORMER LEVEL 1 Beginners
	7.10pm	MAT LEVEL 2/3	7.05pm	REFORMER LEVEL 2/3
	8.00pm	MAT LEVEL 1 Beginners	8.00pm	REFORMER LEVEL 1 Beginners
THURSDAY 30th JULY				
6 WEEK COURSE	6.15pm	PILATES PRE – NATAL	6.15pm	REFORMER LEVEL 1 Beginners
	7.10pm	MAT LEVEL 2/3		
			8.00pm	REFORMER LEVEL 1 Beginners
SATURDAY TBA				
6 WEEK COURSE			9.45am	REFORMER LEVEL 2

To reserve your place or get further information - please call 01 868 4600. Terms and Conditions apply to all bookings.

FREE PARKING AVAILABLE