



BODYFIRM PILATES

JANUARY 2009 CLASS SCHEDULE

IRELANDS PREMIER FULLY EQUIPPED PILATES STUDIO
LEVEL 1, PARK SHOPPING CENTRE, PRUSSIA ST, DUBLIN 7

	MONDAY 12th JAN 9 WEEK Course	TUESDAY 13th JAN 9 WEEK Course	WEDNESDAY 14th JAN 9 WEEK Course	THURSDAY 15th JAN 9 WEEK Course
11 AM		REFORMER LEVEL 1	PILATES MAT LEVEL 1	
1 PM	REFORMER BEGINNERS		REFORMER BEGINNERS	
6.15 PM	REFORMER BEGINNERS	REFORMER LEVEL 1 @ 6.30pm 30 Minute BLITZ	REFORMER LEVEL 1	REFORMER BEGINNERS
6.15 PM	PILATES MAT LEVEL 1 BEGINNERS	PILATES MAT LEVEL 2	PILATES MAT LEVEL 1 BEGINNERS	PILATES MAT PRE NATAL CLASSES
7.10 PM	PILATES MAT LEVEL 2	PILATES MAT LEVEL-3	PILATES MAT LEVEL 3	
7.05 PM	REFORMER LEVEL 1	REFORMER LEVEL 2 30 Minute BLITZ 7PM	REFORMER LEVEL 1	PILATES MAT LEVEL 3
7.30 PM		REFORMER LEVEL 2 30 Minute BLITZ		
8.00PM	PILATES MAT LEVEL 3	PILATES MAT LEVEL 1 BEGINNERS	PILATES MAT LEVEL 2	PILATES MAT LEVEL 1 BEGINNERS
8.00PM	REFORMER BEGINNERS	REFORMER LEVEL 1 30 Minute BLITZ	REFORMER BEGINNERS	

FREE PARKING @ BODYFIRM PILATES STUDIOS

CALL 868 4600 TO BOOK

www.bodyfirmpilates.com