



BODYFIRM PILATES AND THERAPY STUDIOS – Ireland’s Premier Fully Equipped Pilates Studio
AUGUST/ SEPTEMBER CLASS SCHEDULE www.bodyfirmpilates.com 01 8684600

DATE COMMENCING	MAT TIMES	MAT GROUP CLASS	REFORMER TIMES	REFORMER GROUP CLASS
MONDAY 9th AUGUST				
6 WEEK COURSES			5.30pm	REFORMER LEVEL 2
	6.30pm	MAT LEVEL 1 Beginners	6.15pm	REFORMER LEVEL 2
	7.20pm	MAT LEVEL 2-3 Intermediate	7.05pm	REFORMER LEVEL 2
	8.10pm	MAT LEVEL 2 Improvers	8.00pm	REFORMER LEVEL 1 Beginners
TUESDAY 24th AUGUST				
6 WEEK COURSES			10.00 am	REFORMER LEVEL 1 Beginners
	6.30pm	MAT LEVEL 2-3 Intermediate	6.15pm	REFORMER LEVEL 2
	7.20pm	MAT LEVEL 2 Improvers	7.00pm	REFORMER LEVEL 2 (30 Minute Blitz)
8.10pm Mat Starts Sept 7th	8.10pm	MAT LEVEL 1 Beginners	7.30pm	REFORMER LEVEL 1 Beginners
			8.15pm	REFORMER LEVEL 2 (30 Minute Blitz)
WEDNESDAY 1st Sept				
6 WEEK COURSES			10.00am	REFORMER LEVEL 1 Beginners
			5.30pm	REFORMER LEVEL 1 Beginners
	6.15pm	MAT LEVEL 1 Beginners	6.15pm	REFORMER LEVEL 2
	7.10pm	MAT LEVEL 2-3 Intermediate	7.05pm	REFORMER LEVEL 1 Beginners
	8.00pm	MAT LEVEL 1 Beginners	8.00pm	REFORMER LEVEL 2
THURSDAY 26th AUGUST				
6 WEEK COURSES	6.15pm	PRE NATAL PILATES	6.15pm	REFORMER LEVEL 1 Beginners
			7.05pm	REFORMER LEVEL 2
			8.00pm	REFORMER LEVEL 2
SATURDAY 21st AUGUST				
6 WEEK COURSES			10.00am	REFORMER LEVEL 2
			10.45am	REFORMER LEVEL 1 Beginners

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

If you have paid for a course and wish to drop in for an extra Mat class during your course this will be charged at €15.

FREE PARKING AVAILABLE