



BODYFIRM Pilates Studios

Level 1 Park Shopping Center, Prussia Street, D7 (01) 868 4600 –
training@bodyfirmpilates.com

€50 EURO DEPOSIT REQUIRED TO SECURE YOUR PLACE, YOUR DEPOSIT IS NON REFUNDABLE
 ALL MAJOR CARDS ACCEPTED – CARD FEE APPLIES
 PLEASE CALL THE STUDIO FOR YOUR RESERVATION OR FURTHER INFORMATION
 BOOKINGS ARE SUBJECT TO OUR **TERMS/CONDITIONS BELOW**

CLASS LEVELS	DESCRIPTION
Level 1	Beginner 0- 16 weeks experience
Level 2	16 - 24 week plus experience
Level 3	24 week plus experience
Level 4	12 months plus experience
CLASS STYLES	DESCRIPTION
Pilates Reformer	Fun Dynamic group class on this unique Pilates machine
Clinical Pilates	Specific class for those referred to Pilates due to back or injury issues - Consultation required prior to participation
Reformer /Tower	Step up the volume – tougher workouts on this Pilates machine
Pilates xx	Pilates mat work out – work it work it – we pump up the volume – turn up the intensity – great results
OM Pilates	Unique to Bodyfirm – Pilates – yoga fusion class try this lovely blend
PM 30 Min Blitz	Unique to Bodyfirm - 30 minute fitness at its best with Pilates (reformer class only)
Lunch 30 Min Blitz	Unique to Bodyfirm - 30m Pilates fitness – use your lunch time wisely
Mat Class	A mix of props – balls , bands, circles diverse and fun
Core Conditioning for men	Tough solid workout – dedicated to the male

CLASS STYLES	DESCRIPTION	
Mat / Props Based Class	6 week course	€99.00
Mat / Props Based Class	7 week course	€116.00
Mat / Props Based Class	8 week course	€132.00
Mat / Props Based Class	9 week course	€149.00
Reformer/ Power Tower Class	6 week course	€138.00
Reformer/ Power Tower Class	7 week course	€161.00
Reformer/ Power Tower Class	8 week course	€184.00
Reformer/ Power Tower Class	9 week course	€207.00
Pre Natal Pilates Mat	8 week course	€140.00
Therapeutic Pilates 30 Minute Class	6 week course	€120.00
Reformer/Power Tower Class 30 Minute BLITZ	9 week course	€162.00
Drop in Mat Classes	Mat work experience required	€20.00
Drop in Reformer Classes	Reformer experience required	€30.00

Conditions of Training

All clients must fill out a health questionnaire

BODYFIRM reserve the right to screen clients from group class work

All training excludes bank / public holidays

All deposits are non refundable

All funds apply to the course booked only and are non transferable / non refundable

For their own safety clients late by 10 minutes or more will not be admitted to the class