



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

CLASS SCHEDULE www.bodyfirmpilates.com 01 8684600

DATE COMMENCING	MAT TIMES	MAT GROUP CLASS	REFORMER TIMES	REFORMER GROUP CLASS
MONDAY FEB 20th				
6 WEEK COURSES				
	5.40pm	30 MINUTE KETTLEBELL BLAST		
	6.30pm	PILATES MAT LEVEL 2	6.15pm	PILATES REFORMER Level 2
	7.20pm	PILATES MAT LEVEL 1 Beginner	7.05pm	PILATES REFORMER Level 2
	8.10pm	PILATES MAT LEVEL 1-2	8.00pm	PILATES REFORMER Beginner course
TUESDAY FEB 21st				
6 WEEK COURSES				
			10.00am	PILATES REFORMER Level 2
	6.30pm	PILATES MAT LEVEL 2-3	6.15pm	PILATES REFORMER Level 2
	7.20pm	PILATES MAT LEVEL 2	7.05pm	PILATES REFORMER Beginner course
	8.10pm	PILATES MAT LEVEL 1 Beginners	8.00pm	PILATES REFORMER Level 2
WEDNESDAY FEB 22nd				
6 WEEK COURSES				
	5.40pm	30 MINUTE KETTLEBELL BLAST		
	6.30pm	TRX & KETTLEBELL FITNESS	6.15pm	PILATES REFORMER Level 2
	7.20pm	PILATES MAT LEVEL 1 Beginner	7.05pm	PILATES REFORMER Level 2
	8.10pm	PILATES MAT LEVEL 2	8.00pm	PILATES REFORMER Beginner course
THURSDAY JAN 26th				
6 WEEK COURSES				
	6.15pm	PILATES MAT LEVEL 1 Beginner		
			7.05pm	PILATES REFORMER LEVEL 2
SATURDAY FEB 11th				
6 WEEK COURSES	10.00am	360 METOBOLIC FUSION COURSE	10.00am	PILATES REFORMER Level 2
			10.45am	PILATES REFORMER Beginner course

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