



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

DATE COMMENCING	MAT TIMES	MAT GROUP CLASS	REFORMER TIMES	REFORMER GROUP CLASS
MONDAY 1st MARCH				
7 WEEK COURSES			5.30pm	REFORMER LEVEL 1 Beginners
	6.30pm	MAT LEVEL 1 Beginners	6.15pm	REFORMER LEVEL 2
	7.20pm	MAT LEVEL 2-3	7.05pm	REFORMER LEVEL 3
	8.10pm	MAT LEVEL 1-2 Improvers	8.00pm	REFORMER LEVEL 1 Beginners
TUESDAY 2nd MARCH				
7 WEEK COURSES			12.30am	REFORMER LEVEL 1 Beginners
	6.30pm	MAT LEVEL 2-3	6.15pm	REFORMER LEVEL 2
	7.20pm	MAT LEVEL 1-2 Improvers	7.00pm	REFORMER LEVEL 3 30 Minute Blitz
Start Date March 16th	8.10pm	MAT LEVEL 1 Beginners	7.30pm	REFORMER LEVEL 1 Beginners
			8.15pm	REFORMER LEVEL 2 30 Minute Blitz
WEDNESDAY 3rd MAR				
7 WEEK COURSES			5.30pm	REFORMER LEVEL 1 Beginners
	6.15pm	MAT LEVEL 1-2 Improvers	6.15pm	REFORMER LEVEL 2
	7.10pm	MAT LEVEL 2-3	7.05pm	REFORMER LEVEL 1 Beginners
	8.00pm	MAT LEVEL 1 Beginners	8.00pm	REFORMER LEVEL 2
THURSDAY 4th MARCH				
7 WEEK COURSES	5.30pm	PRE NATAL PILATES	6.15pm	REFORMER LEVEL 1 Beginners
			7.05pm	REFORMER LEVEL 2
			8.00pm	REFORMER LEVEL 2
SATURDAY 20th MARCH				
7 WEEK COURSES			10.00am	REFORMER LEVEL 2
	10.45am	PRE NATAL PILATES	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.

FREE PARKING AVAILABLE