



# Pilates Programme

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.00am - 9.00am		Morning Mat			Morning Mat	
9.00am - 10.00am	Equipment Class	Equipment Class		Equipment Class	Equipment Class	Equipment Class
10.00am - 11.00am	Equipment Class			Equipment Class		
11.00am - 12.00pm						
12.00pm - 1.00pm						
4.00pm - 5.00pm						
5.00pm - 6.00pm	Equipment Class		Equipment Class			
6.00pm - 7.00pm	Equipment Class	Equipment Class		Equipment Class		

**Max 5 People**

**All timetable spaces are reserved for private lessons**

**Classes may be added throughout the summer depending on request**

**Pre paid package of 10 classes 250€ (lessons have to be used up in a period of 2 months from start date)**

**24 hour cancellation policy or lessons will be chargeable at full rate**