

Pilates Core Conditioning

Dublin Holistic Centre, 28 South William Street, Dublin City Centre, Dublin 2



CORE'DERO CONDITIONING www.PilatesDublin.ie

Elena Cordero Kiernan - 086 8 10 11 12

Male or Female Group Pilates Classes

Back Care / Rehabilitation - Pre & Post Natal Pilates

New Studio with Changing Facilities & Lockers - Mats Supplied

Max. 9 People per Class, 8 Week Course, €128 - 1 full hr weekly or 2x half hr weekly



Monday	Tuesday	Wednesday	Thursday	Studio
		Pilates Beginners Morning Class 10am - 11am 8th Sept. 2010		
Pilates Level 1 Lunchtime 30 min 1.05pm-1.35pm 6th Sept. 2010		Pilates Level 1 Lunchtime 30 min 1.05pm - 1.35pm 8th Sept. 2010 Continuation From Monday		
Pilates Beginners Level Lunchtime 30 min 1.35pm - 2.05pm 6th Sept. 2010		Pilates Beginners Level Lunchtime 30 min 1.35pm - 2.05pm 8th Sept. 2010 Continuation From Monday		
Pilates Level 1 Evening Classes 5.30pm-6.30pm 6th Sept. 2010	Pilates Beginners Level Evening Classes 5.30pm-6.30pm 7th Sept. 2010	Pilates Improvers <u>Minimum One Course Completed</u> 5.30pm-6.30pm 8th Sept. 2010	Pilates Improvers <u>45 min Session €12</u> 5pm-5.45pm 9th Sept. 2010	
Pilates Level 2 Evening Classes 6.30pm-7.30pm 6th Sept. 2010	Pilates Level 2 Evening Classes 6.30pm-7.30pm 7th Sept. 2010	Pilates Beginners Level Evening Classes 6.30pm-7.30pm 8th Sept. 2010	Pilates Beginners Level <u>45 min Session €12</u> 5.45pm-6.30pm 9th Sept. 2010	
Pilates Male - Men Only Class Level 1 Evening Classes 7.30pm-8.30pm 6th Sept. 2010	Pilates Improvers <u>Minimum One Course Completed</u> 7.30pm-8.30pm 7th Sept. 2010			

ALL CLASSES SUBJECT TO NUMBERS

See the "Contact Us" section www.PilatesDublin.ie - www.PersonalTrainerDublin.ie - www.FitnessClassesDublin.ie a map with directions.

Contact Elena - 086-8101112 for Dublin City Centre - Dublin 2 - D2 - Pilates Group Classes and One-to-One Sessions

Contact Martin - 086-1736720 for South Dublin - South County Dublin - Group Classes and One-to-One Sessions