

Pilates Core Conditioning

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



CORE'DERO CONDITIONING www.PilatesDublin.ie

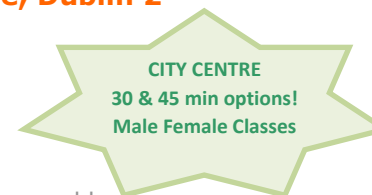
Elena Cordero Kiernan - 086 8 10 11 12


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 |
|---|--|---|----------|--|
| <p>Pilates Mixed Level High Lunchtime 40 Min 1.00pm-1.40pm 5th Sept 2011 €80 - 8 weeks</p> | <p>May Course is 11 weeks with a break in the week of 20th June.</p> <p>Cost of each course if outlined in each box.</p> <p>Do a second session for only €10 per hour (discount of €6).</p> <p>All classes are dependant on numbers and are subject to change.</p> <p>Any sessions that fall on Bank Holiday Mondays can be made up over sessions that suit on Tuesday and Wednesday of that week.</p> | | |  <p>ALL CLASSES SUBJECT TO NUMBERS</p> |
| <p>Pilates NEW Beginners Level Lunchtime 35 min 1.40pm - 2.15pm 5th Sept 2011 €80 - 8 weeks</p> | | | | |
| <p>Pilates Mixed Level Medium Evening Classes 5.30pm-6.30pm 5th Sept 2011 €128 8 weeks</p> | <p>Pilates NEW Beginners Level 5.45pm-6.45pm 6th Sept 2011 €128 - 8 weeks</p> | <p>Pilates Mixed Level 5.40pm-6.40pm 7th Sept 2011 €128 - 8 weeks</p> | | |
| <p>Pilates Mixed Level Lower Intensity 6.30pm-7.30pm 5th Sept 2011 €128 - 8 weeks</p> | <p>Pilates Higher Level Intensity 6.45pm-7.45pm 6th Sept 2011 €128 - 8 weeks</p> | <p>Pilates Mixed Level Higher Intensity 6.40pm-7.40pm 7th Sept 2011 €128 - 8 weeks</p> | | |
| <p>Male - Men Only Class Mixed Level Evening Classes 7.30pm-8.15pm 5th Sept 2011 €96 - 8 weeks</p> | | <p>Any questions please Ring Elena Directly on 086 810 11 12</p> | | |

See the "Contact Us" section www.PilatesDublin.ie - www.FitnessClassesDublin.ie - www.PersonalTrainerDublin.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