



PILATES



*"Ten sessions you feel the difference
Twenty sessions you see the difference
Thirty sessions others see the difference"*

DATES FOR NEXT COURSE

Monday

**Evening: Intermediate course 6 weeks
Starts: April 26th at 8pm**

Tuesday

**Morning: Beginners course 6 weeks
Starts: April 27th at 10:30am**

Wednesday

**Morning: Beginner/ Intermediate course 6 weeks
Starts: April 28th at 9.30am**

Wednesday

**Evening: Beginners course 6 weeks
Starts: April 28th at 7:30pm**

Members €60/ Non member €70