

PILATES



The Spine Twist



The Leg Pull-up



The Swan Dive



The Rollover



The Scissors

*"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: March 01 at 8pm**

Tuesday

**Morning: Beginners course 6 weeks
Starts: March 02 at 10:30am**

Wednesday

**Morning: Beginner/ Intermediate course 6 weeks
Starts: March 3rd at 9.30am**

Wednesday

**Evening: Beginners course 6 weeks
Starts: March 3rd at 7:30pm**

Members €60/ Non member €70