



REFORMER CLASSES 2016

(Timetable Subject to Change)

Booking Essential For All Classes/Valid For 10 Week

24 HOUR CANCELLATION POLICY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08.00-9.00	Reformer All Levels			Reformer All Levels		
09.00-10.00						Reformer All Levels
09.15-10.15	Reformer All Levels		Reformer All Levels	Reformer All Levels	Reformer All Levels	
10.15-11.15	Reformer All Levels			Reformer All Levels	Reformer All Levels	
10.30-11.30		Reformer All Levels				
11.00-12.00						Reformer All Levels
18.00-19.00	Reformer All Levels					
18.15-19.15				Reformer All Levels		
19.00-20.00	Reformer All Levels		Reformer All Levels			
20.30-21.30		Reformer All Levels				

Personal Training, Physical Therapy, FSM Therapy, Rehabilitation Work & Strength Conditioning. 121 Pilates Mat/Reformer available.
Tel: Nicky 087-6338994 or Karen 087-6211797

Book online @ www.thecorestudio.ie

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