



MATWORK CLASSES 2017
 (Timetable Subject to Change)
 Booking Essential For All Classes/Valid For 10 Weeks

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09.15-10.15		Pilates Matwork		Pilates Matwork		
0930-10.30	Pilates Matwork All Levels				Pilates Matwork All Levels	
10.00-11.00						Prenatal Pilates Matwork
10.15-11.15				Pilates Matwork		
10.30-11.30	Pilates Matwork All Levels		Pilates Matwork All Levels			
12.00-13.00						Pilates Matwork Di
18.00-19.00		Pilates Matwork All Levels	Circuit Training All Levels			
18.15-19.15	Pilates Matwork All Levels					
19.15-20.15				Pilates Matwork All Levels		
19.30-20.30		Circuit Training		Circuit Training		
19.30-20.30		Pilates Matwork				
20.00-21.00	Circuit Training All Levels					
20.15-21.15						

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
 Email Info@hecorestudio.ie



