



AUGUST 2017 Timetable
 AUGUST 8TH TO SEPTEMBER 3RD INCLUSIVE
 (Timetable Subject to Change)
 Booking Essential/Valid For 10 Weeks

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Monday 7 th August Closed						
09.00-10.00						Reformer
09.15-10.15		Pilates Mat Class	Reformer	Reformer		
09.30-10.30	Pilates Mat Class				Pilates Mat Class	
10.00-11.00						Prenatal Mat Class
10.30-11.30	Reformer	Reformer			Reformer	
10.15-11.15				Pilates Mat Class		
11.00-12.00						Reformer
10.30-11.30			Pilates Mat Class			
12.00-13.00						Pilates Mat Class Drop in
18.00-19.00						
18.15-19.15	Pilates Mat Class			Reformer		
19.00-20.00		Pilates Mat Class	Reformer			
19.15-20.15	Reformer			Pilates Mat Class		
19.30-20.30						
19.30-20.30						
20.00-21.00		Reformer				

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

