



MATWORK/CIRCUITS 2018  
 (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 Mat work		Pilates Mat work		
0930-10.30	Pilates Mat work All Levels				Pilates Mat work All Levels	
10.00-11.00						Prenatal Pilates
10.15-11.15				Pilates Mat work All Levels		
10.30-11.30	Pilates Mat work All Levels		Pilates Mat work			
11.30-12.30			Post Natal Mother & Baby Course basis			
12.00-13.00						Pilates Mat work Drop in
18.00-19.00		Pilates Mat work All Levels	Circuit Training All Levels			
18.15-19.15	Pilates Mat work All Levels					
19.15-20.15				Pilates Mat work All Levels		
19.30-20.30						
19.30-20.30		Pilates Mat work				
20.00-21.00	Circuit Training All Levels					
20.15-21.15				Circuit Training 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](http://www.thecorestudio.ie)

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