

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08.00-09.00	Reformer			Reformer		
09.15-10.15	Reformer	Pilates Mat work	Reformer	Pilates Mat work		
09.15-10.15				Reformer		Reformer
10.15-11.15	Reformer					
09.30-10.30	Pilates Mat work				Pilates Mat work	
10.15-11.15				Pilates Mat work		Pilates Mat work Drop In
10.30-11.30	Pilates Mat work	Reformer	Pilates Mat work		Reformer	
11.15-12.15						Pre Natal Pilates
11.30-12.30			Post Natal Mother & Baby Circuits			
12.00-13.00						
18.00-19.00	Reformer	Pilates Mat work	Circuit Training	Reformer		
18.15-19.15	Pilates Mat work					
19.00-20.00			Reformer	Mat work		
19.15-20.15	Reformer	Pilates Mat work				
19.30-20.30	Mat work For Men					
20.00-21.00				Circuit Training		
20.15-21.15		Reformer				
20.15-21.15		Circuit Training				

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

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