

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
10.15-11.15	Reformer					
09.30-10.30						
10.15-11.15				Pilates Mat work		Pilates Mat work Drop 1
10.30-11.30		Reformer	Pilates Mat work			
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		Circuit Training	Reformer		
18.15-19.15						
19.00-20.00			Reformer	Mat work		
19.15-20.15	Reformer	Pilates Mat work				
19.30-20.30						
19.15-20.15						
20.00-21.00				Circuit Training		
20.15-21.15		Reformer				
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

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