



The Core Studio Ltd.
71-73 Glashule Road,
Glashule, Co. Dublin.

www.thecorestudio.ie



August 26th to September 15th 2019 Inclusive Changes to Timetable

Saturday Matwork: 10.15 Drop in

Saturday Reformer: 9.15am

Monday Matwork: 9.30am, 10.30am, 6.15pm

Monday Reformer: 7.15 pm

Tuesday Matwork: 6pm

Wednesday Circuit Training 6pm

Wednesday Reformer: 7pm

Thursday Matwork: 10.15am,

Thursday Reformer: 9.15am,

Friday Matwork: 9.30 am

Friday Reformer: 10.30 am

Please note all reformer classes must be booked online and there is a 24 hour cancellation policy or the class will be forfeit.