

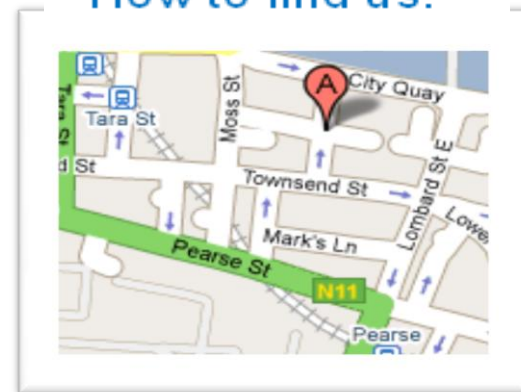


New Pilates Courses

Starting 5th of January at the Gloucester Street Sports Centre

	Tuesday	Wednesday	Thursday
12:45 – 13:30	Progressive Level 2	Beginners Level 1	Improvers Level 3
18:00 – 18:45	Beginners Level 1	Progressive Level 2	-
19:00 – 19:45	-	Improvers Level 3	-

How to find us:



- * if you cannot make it to your scheduled time, don't worry, you can always come to another session whenever suits you best.
- * 8 to 12 hours previous Pilates experience required to attend Level 2 sessions
- * at least 20 hours previous Pilates experience required to attend Level 3 sessions

12 weeks €150 /one class per week

12 weeks €270 /two classes per week

6 weeks €85/one class per week

Drop in classes €15 (prior Pilates experience required)

Contact :

Carmen Escudero on 0851768297,
Mark Lacey on 016779322 or
email info@shapeit.ie to reserve a place.

For more info visit www.shapeit.ie