

Pilates Courses



Morning Classes

Tuesdays, Wednesdays & Thursdays at 9:30am

Starting 13th of April

“ Improve your posture, get toned up, enhance your life”.

Wednesday “Beginners”, Tuesday & Thursday Open Level “Improvers”

10 weeks €140 (1 hr class)

Drop in classes €18

If you miss a class, don't worry, you can make up for it by attending another session!

Shapeit

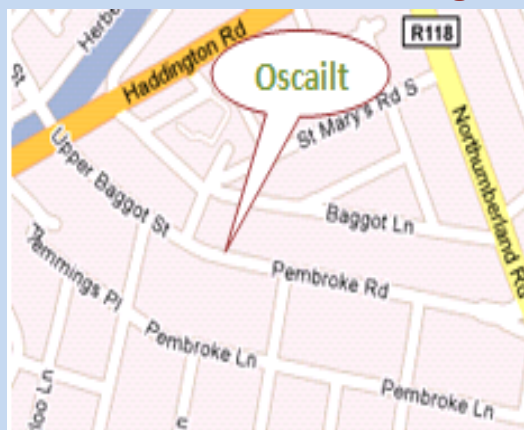
Contact Carmen Escudero

phone 0851768297

email info@shapeit.ie

www.shapeit.ie

Pembroke Road, Ballsbridge



Oscailt Health Centre,
8 Pembroke Rd, Ballsbridge,
Dublin 4

Anyone of any age and any level of fitness can do Pilates