

Forme Fitness Pilates Schedule

Please wear comfortable clothing and bring small hand towel.

Places must be booked in advance.

Payment for courses must be made, in full, on session 1 of the relevant course.

No credit is given for classes missed in retrospect. A 24 hour cancellation policy applies to Reformer Classes.

For further details on any class or course, contact Elaine Mobile 086 848 1780 or info@formefitnesspersonaltraining.ie

Day	Time	Course	Location	Book via
Mondays	6.30pm - 7.15pm	Improvers / Intermediate Mat	Iveagh Fitness Club, Dublin 8	www.iveaghfitness.ie or 01 454 6555
	8.00pm - 8.45pm	Intermediate / Advanced Mat	Iveagh Fitness Club, Dublin 8	As above
Wednesdays	1.10pm - 1.55pm	Mixed Level Mat 1/2	D8 Studios, Bridge St, Dublin 8	086 848 1780 (Elaine)
	6.30pm - 7.15pm	Beginners Level 1 Mat	Iveagh Fitness Club, Dublin 8	www.iveaghfitness.ie
Thursdays	6.00pm - 7.00pm	Intermediate Reformer	Platinum Pilates, Stillorgan.	www.platinumpilates.ie
	7.00pm - 8.00pm	Beginner Level 1 Reformer	Platinum Pilates, Stillorgan.	As above
Saturdays	10.00am - 10.45am	Mixed Level 2/3 with Props	Iveagh Fitness Club, Dublin 8	www.iveaghfitness.ie
Sundays	10.00am - 11.00am	Intermediate Reformer	Platinum Pilates, Stillorgan	www.platinumpilates.ie
	11.00am - 12.00pm	Beginner Level 1 Reformer	Paltinum Pilates, Stillorgan	As above