

# Remedy Pilates Timetable June 2017

## Remedy

Pilates & Physiotherapy

### Mat Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
9.30am	___	Level 1&2	Level 1&2	___	Level 2&3	
10.30am	___	Level 2&3	Level 1	___	Level 2&3	
11.30am	___	Level 1&2	Stepping Stones	___	Level 1&2	
						Yoga Drop-in 11am €15
5.30pm	Level 2&3	___	___	Level 1&2	___	
6.30pm	Level 2&3	Yoga Drop-in	Level 1&2	Level 2&3	___	
7.30pm	Level 1&2	Men's Class	Clinical Hypnotherapy	Level 2&3	___	

### Reformer Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
9.30am	___	Cardio	___	Level 1&2	___
10.30am	___	Level 1&2	___	Level 1&2	___
11.30am	___	___	___	___	___
12.45pm	___	Corporate Class	___	___	___
5.30pm	Level 2&3	___	___	Level 1&2	___
6.30pm	Level 1&2	Level 1	___	Level 2&3	___
7.30pm	Level 1&2	Cardio	Level 1&2	Pregnancy & Post-Natal	___
8.30pm	___	___	Level 2&3	___	___

To make an enquiry or book a class:

(01) 2829837

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