

MONDAY

Course	Date	Time/Duration	Instructor	Cost
Pilates Intermediate Level	<b>Course 1</b>	19.30 – 20.30	Lena Anikina	€42 – Members
	25th September – 6th November	6 Weeks		€66 – Non-Members
	<b>Course 2</b>			
	13th November – 18th December			

TUESDAY

Course	Date	Time/Duration	Instructor	Cost
Pilates Rehabilitative Foundation Level	<b>Course 1</b>	17.00 – 18.00	Paul Fingleton	€42 – Members
	26th September – 31st October	6 Weeks		€66 – Non-Members
	<b>Course 2</b>			
	7th November – 12th December			
Pilates Beginner Level	<b>Course 1</b>	18.00 – 19.00	Paul Fingleton	€42 – Members
	26th September – 31st October	6 Weeks		€66 – Non-Members
	<b>Course 2</b>			
	7th November – 12th December			
Vinyasa Yoga Beginner Level	<b>Course 1</b>	19.00 – 20.00	Aoife Miniters	€42 – Members
	26th September – 31st October	6 Weeks		€66 – Non-Members
	<b>Course 2</b>			
	7th November – 12th December			

WEDNESDAY

Course	Date	Time/Duration	Instructor	Cost
Dynamic Vinyasa Yoga Intermediate Level	<b>Course 1</b>	07.30 – 08.30	Aoife Miniters	€42 – Members
	27th September – 1st November	6 Weeks		€66 – Non-Members
	<b>Course 2</b>			
	8th November – 13th December			

Drop in price **Member €10 | Non-Member €12**

WEDNESDAY (CONTINUED)

Course	Date	Time/Duration	Instructor	Cost
Pilates Intermediate Level	<b>Course 1</b>	19.00 – 20.00	Lara Mc Murrough	€42 – Members
	27th September – 1st November	6 Weeks		€66 – Non-Members
	<b>Course 2</b>			
	8th November – 13th December			
Pilates Beginner Level	<b>Course 1</b>	20.00 – 21.00	Lara Mc Murrough	€42 – Members
	27th September – 1st November	6 Weeks		€66 – Non-Members
	<b>Course 2</b>			
	8th November – 13th December			

THURSDAY

Course	Date	Time/Duration	Instructor	Cost
Vinyasa Yoga Beginner Level	<b>Course 1</b>	18.30 – 19.30	Mairin O’Grady	€42 – Members
	28th September – 2nd November	6 Weeks		€66 – Non-Members
	<b>Course 2</b>			
	9th November – 14th December			
Vinyasa Yoga Intermediate Level	<b>Course 1</b>	19.30 – 20.30	Mairin O’Grady	€42 – Members
	28th September – 2nd November	6 Weeks		€66 – Non-Members
	<b>Course 2</b>			
	9th November – 14th December			

WORKSHOPS

Course	Date	Time/Duration	Instructor	Cost
Tai Chi Beginner Level	<b>Workshop 1</b>	09.00 – 12.00	Ivan Kolek	€24 – Members
	30th September			€28 – Non-Members
	<b>Workshop 2</b>			
	14th October			
Tai Chi Intermediate Level	<b>Workshop 1</b>	13.00 – 16.00	Ivan Kolek	€24 – Members
	30th September			€28 – Non-Members
	<b>Workshop 2</b>			
	14th October			