Postural & Functional Movement Screening available with Bon at the following times:

**Tuesday:**
09:00 - 10:00 | 10:30 - 11:30 | 11:00 - 12:00 | 12:15 - 13:05

**Wednesday:**
09:00 - 10:00 | 10:30 - 11:30 | 11:00 - 12:00

**Thursday:**
09:00 - 10:00 | 10:30 - 11:30 | 11:00 - 12:00

**Friday:**
09:00 - 10:00 | 10:30 - 11:30 | 11:00 - 12:00 | 12:15 - 13:05

Through this screening you will find out exactly where your specific imbalances, weaknesses and tightnesses are so that a portion of the programming can be assigned to correcting these common issues resulting in postural restoration, relief from pain and discomfort and increasing athletic performance.

**Price: €35**

If you have any questions or concerns throughout your time in TS², you can reach out to our trainers on personaltraining@tcd.ie