



PILATES STUDIO KILDARE

Keep Strong & Healthy



Claregate Street, Kildare Town. Tel: 045-527903. Txt: 087-6674863

E-Mail: info@pilateskildare.com Web: www.pilateskildare.com

Summer 2017 at Pilates Studio Kildare

Join Us with easy Drop-In & Class-Pass Options

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am	Private Pilates	Private Pilates	Private Pilates	Private Pilates	Private Pilates	Reformer Level 1
10:30 am	Reformer Foundation	Mat Foundation	Mat Level 2	Reformer Level 2	Reformer Level 1/2	Private Pilates
11:30 pm	Private Pilates	Private Pilates	Private Pilates	Private Pilates	Private Pilates	
6:00 pm	Reformer Foundation	Mat Level 2	Pre-Natal* Reformer	Reformer Level 2		
7:15 pm	Reformer Level 2	Mat Foundation	Mat Level 3	Reformer Level 3	Pre-Natal* Reformer	
8:30 pm	Reformer Level 1	Mat Level 2/3	Mat Foundation	Reformer Foundation	Reformer Level 1/2	

Schedule subject to change according to demand (minimum of 4 participants required)

- ⚙ Book your Pilates class **when it suits you** - our booking system is so flexible you can fit Pilates around your summer activities and you can **book on-line!**
- ⚙ Buy a **Class-Pass for 5 Classes** and get a **Free Class** for yourself or a friend* OR **Drop-in.**

Mat Classes	
Drop-in (Pay-as-you-go)	€16
Class-Pass (5 Classes) + 1 Free Class	€78
Reformer Classes	
Drop-in (Pay-as-you-go)	€23
Class-Pass (5 Classes) + 1 Free Class	€113
Combo Mat & Reformer Classes	
5 x Mat + 5 x Reformer Class-Pass + 2 Free Classes	€180
* Pre-Natal Pilates Reformer	
7-week Course	€155
Drop-in	€23

