

Pilates & Yoga

Starting from Monday 9th January 2012

Time	1pm - 2pm	6pm - 7pm	7pm - 8pm	8pm - 9pm
Monday	Hot Yoga Mixed	Hot Yoga Mixed	Pilates	
Tuesday	Tai Chi Mixed	Hot Yoga Intro	Hot Yoga Flow	
Wednesday	Pilates	Power Pilates	Pilates	
Thursday	Ashtanga Yoga Mixed		Ashtanga Yoga Beginner	Ashtanga Yoga Improver

ALL COURSES ARE FOR 6 WEEKS

Course Rates: MEMBER/UCC STUDENT: €65
UCC STAFF: €85
NON-MEMBER: €95

PLEASE CONTACT RECEPTION TO BOOK YOUR PLACE OR FOR MORE INFORMATION

*Ashtanga Yoga Improver class is a 90 minute class that runs from 8-9.30pm