



Mardyke Arena

UNIVERSITY COLLEGE CORK

Reformer Pilates -6 Course

Price:

4 Week Course €55 member/ €65 Non member

Please see website for updates

*MONDAY

TIME	CLASS	INSTRUCTOR
13.10-13.55	Mixed	Arnolda
18.00-18.45	Beginner	Claire
19.00-19.45	Intermediate	Lisa
20.00-20.45	Mixed	Lisa

TUESDAY

TIME	CLASS	INSTRUCTOR
07.30-08.15	Mixed	Gillian
13.10-13.55	Pay as You go	Claire
18.00-18.45	Beginner	Lisa
19.00-19.45	Intermediate	Lisa
20.00-20.45	Mixed	Lisa

WEDNESDAY

TIME	CLASS	INSTRUCTOR
07.30-08.15	Pay as You go	Claire
18.00-18.45	Beginner	Gillian
19.00-19.45	Mixed	Gillian

THURSDAY

TIME	CLASS	INSTRUCTOR
07.30-08.15	Mixed	Kelly
18.00-18.45	Beginner	Lisa
19.00-19.45	Intermediate	Lisa
20.00-20.45	Mixed	Lisa

FRIDAY

TIME	CLASS	INSTRUCTOR
07.30-08.15	Mixed	Kelly

SATURDAY

TIME	CLASS	INSTRUCTOR
09.30-10.15	Mixed	Lisa
10.30-11.15	Beginner	Lisa

