

## Naas Pilates Studio – Pilates Class Timetable – January 2012

### 7 Week Course Commencing: 9<sup>th</sup> January 2012

Monday			
Time	Level	Reformer Or Mat	Instructor
9.40am	Improvers	Mat	Laura -
9.40am	Intermediate	Reformer	Eadaoin Full
11.00am	Intermediate	Reformer	Eadaoin Full
11.00am	Beginner	Mat	Laura Full
6.00pm	Intermediate	Reformer	Eadaoin Full
6.00pm	Intermediate	Mat	Kishan Full
7.15pm	Improvers	Reformer	Eadaoin Full
7.15pm	Beginners	Mat	Kishan Full
8.30pm	Intermediate	Reformer	Eadaoin Full
8.30pm	Advanced	Mat	Kishan Full

Tuesday			
Time	Level	Reformer Or Mat	Instructor
9.40am	Intermediate	Reformer	Eadaoin Full
11.00am	Beginners	Reformer	Eadaoin Full
6.00pm	Beginners	Reformer	Gillian Full
6.00pm	Pre-Natal	Mat	Karolina -
7.15pm	Advanced/Intermed	Mat	Karolina -
7.15pm	Intermediate	Reformer	Gillian
8.30pm	Intermediate	Mat	Laura -
8.30pm	Advanced	Reformer	Gillian Full

Wednesday			
Time	Level	Reformer Or Mat	Instructor
7.00am	Intermediate	Reformer	Gillian
8.00am	Improvers	Reformer	Gillian Full
9.40am	Beginners	Reformer	Eadaoin Full
10.00am	Intermediate	Mat	Gillian Full
11.15am	Beginners	Mat	Eadaoin -
11.15am	Int/Advanced	Reformer	Gillian Full
6.00pm	Intermediate	Mat	Karolina -
6.00pm	Beginners	Reformer	Kishan -
6.30pm	Improvers	Kilcullen Mat Class	Eadaoin -
7.15pm	Beginners	Mat	Karolina Full
7.15pm	Intermediate/Imp	Mat	Kishan Full
7.45pm	Beginners	Kilcullen Mat Class	Eadaoin -
8.30pm	beginners	Mat	Kishan Full

Thursday			
Time	Level	Reformer Or Mat	Instructor
9.40am	Improvers	Mat	Kishan Full
11.00am	Intermediate	Reformer	Kishan -
6.00pm	Improvers	Reformer	Eadaoin Full
6.00pm	Beginners	Mat	Laura Full
7.15pm	Beginners	Reformer	Eadaoin -
7.15pm	Intermediate	Mat	Karolina Full
8.30pm	Intermediate	Reformer	Eadaoin Full

Friday			
Time	Level	Reformer Or Mat	Instructor
8.00am	Intermed	Reformer	Gillian Full
9.40am	Intermediate	Reformer	Eadaoin Full
9.40am	Intermediate	Mat Class	Gillian Full
10.45am	Improvers	Mat Class	Kishan Full
11.00am	Intermed/Adv	Reformer	Gillian Full

Saturday			
Time	Level	Reformer Or Mat	Instructor
9.40am	Intermediate	Mat	Karolina Full
11.00am	Beginners	Mat	Karolina Full
12.05am	Beginners	Reformer	Karolina Full
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			-

[Click here to view our booking conditions or visit www.physiotherapyworks.ie/booking.aspx](http://www.physiotherapyworks.ie/booking.aspx)

### Great Christmas Savings

Pay for 2 Course  
(Jan-Apr) in FULL by  
Jan 13th & Discounts  
will apply

Contact  
Office for  
Great  
Rates

Pay for multiple  
classes per for 4  
months and avail of a  
10% discount

## Pilates Prices Per Course

Course 1

### 7 Weeks - 9 Jan - 25th Feb

Mat Physio - Kishan/Laura	€126
Mat Inst - Karolina/Eadaoin/Gillian	€105
Reformer	€165

Course 2

### Tuesday - Saturday 9 Week Course Mondays [2 Bank Hols] 7 Week Course 6th March to 5th May

Mat Physio - Kishan/Laura (9 Weeks)	€162
Mat Physio - Kishan/Laura (Mondays Only)	€126
Mat Inst - Karolina/Eadaoin/Gillian (9 Weeks)	€135
Mat Inst - Karolina/Eadaoin/Gillian (Mondays Only)	€105
Reformer	€210
Reformer (Mondays Only)	€165

Special Offers

### Pay in FULL for 2 courses by Jan 13th & the Following Discounts Will apply

Reformer 16 Week Course	€320
Reformer 14 Week Courses (Mondays Only)	€280
Mat Physio - Kishan/Laura (16 Weeks)	€244
Mat Physio - Kishan/Laura (14 weeks Mon Only)	€214
Mat Inst - Karolina/Eadaoin/Gillian (16 Weeks)	€200
Mat Inst - Karolina/Eadaoin/Gillian (14 weeks Mon Only)	€175

Great Savings

If doing multiple classes per week and you pay in FULL for two courses before January 13th - a further 10% reduction will apply  
If doing only one course - no discount for multiple classes

#### Mat Class With Instructor

PAY IN FULL BEFORE 13th January for 2 courses & the cost of your classes works out @ only €11.25 per class - Great Value

€11.25  
Per  
Class

#### Reformer Classes

3 Reformer classes per week for 16 weeks will normally cost €1125 without discounts. If you book & pay IN FULL, IN ADVANCE, your 16 classes will cost €960. You can then apply a further 10% discount for doing multiple classes and you will only pay €864 Saving €261 (11 classes free)

Save  
€261

11  
Classes  
Free

#### Loyalty Card

Clients presenting a full loyalty card will receive 50% off ONE COURSE, so the 4month deal does not apply. If buying multiple classes per week - then you will receive 50% off the total

50%  
Off