

Monday	<u>Style & Instructor</u>	<u>From - To</u>	<u>No of weeks</u>	<u>Contact No</u>
1.00-2.00	Pilates with Kate	14 th Sept – 19 th Oct	6 wks @ €90	086-8253691
6.00-7.15	Iyengar Yoga with Sorcha	7 th Sept – 19 th Oct	7 wks @ €105	087-7772289
7.30-9.00	Kundalini Yoga with Marion	7 th Sept – 19 th Oct	7wks @ €105	087-6524827

Tuesday

1.00 – 2.00	Lunchtime Tai Chi with Ross	On-going	6 wks @ €90	087-7527013
5.45 - 7.15	Satyananda Yoga with Caoimhe	1 st Sept – 20 th Oct	8 wks @ €125	086-3397671

Wednesday

7.30 - 8-45	Early Morning Yoga with Geraldine	2 nd Sept – 7 th Oct	6wks @ €80	087-6862995
6.00 - 7.10	Prenatal Yoga with Paula	2 nd Sept – 21 st Oct	8 wks @ €135	087-2071530

Thursday

1.00 - 2.00	Prenatal Yoga with Paula	On-going	8 wks @ €135	087-2071530
6.00 - 7.15	Ashtanga Yoga with Aine	3 rd Sept – 22 nd Oct	8 wks @ €120	086-2029948

Friday

1.00-1.45	Lunchtime Ashtanga Yoga with Jennifer	3 rd Sept – 22 nd Oct	8wks @ €80	086-8109862
6.00 – 7.30	Tai Chi & Chi Gong	Classes ongoing, Contact Mark for more details		086-3555369

Saturday

1.15-2.15	Pilates with Kate	19 th Sept – 24 th Oct	6 wks @ €90	086-8253691
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Evenings & Weekends

Meditation Festival Week:		28 th Sept – 4 th Oct	Free courses	085-1450880
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Special Offers:

- ❖ Prenatal Offer: If you sign up for the 8-week prenatal course on Wednesday evenings and miss one evening, you can attend the Thursday lunchtime prenatal class during that week to make up for it.
- ❖ Students & unwaged – 20% Discount on drop in classes only
- ❖ Loyalty Cards for Early Morning & Friday Lunchtime Yoga – when you attend 10 classes, get 1 free
- ❖ Early Morning Yoga & Lunchtime – a) bring a friend to one class for free
b) free mat rental

Yoga Drop-In Fees (space permitting):

€18 for 90 minute class, €17 for 75 minute class,
€15 for Morning classes, €12 for 45 minute Lunchtime class,
€15 for 60 minute Lunchtime class, €20 for Prenatal class.