



Livestream Pilates Mat Class Schedule

Mondays

10.30-11.30am	Mat Level Beginner/improvers	Arlene Ryan
7-8pm	Mat Level 1	Carolyn MacLachlan
8.15-9.15pm	Mat Level 3 / 4	Carolyn MacLachlan

Tuesdays

10.30-11.15am	Mat Level 1/ 2	Francesca Lazzini
7-8pm	Mat Level 1/ 2	Sarah MacLachlann

Wednesdays

4-5pm	Mat Level 1	Francesca Lazzini
7-8pm	Mat Beginners	Aisling Daly
8.15-9.15pm	Mat Level 2	Aisling Daly

Thursdays

9.30-10.30am	Mat Level 1	Dani Salgado
7-8pm	Mat Power Class	Aisling Daly
8.15-9.15pm	Mat Level 1	Aisling Daly

Fridays

10.30-11.30am	Mat Level 1/ 2	Aoife Keegan
7-8pm	Mat Level 1/ 2	Aisling Daly

Saturdays

10-11am	Mat Level 1/ 2	Aisling Daly
11.15-12.15pm	Mat Beginners/ Improvers	Aisling Daly

Please see our website or app for up-dates

Thank you and stay safe

Sarah MacLachlann and the Pilates Performance Team

www.ppireland.com