

PILATES PERFORMANCE

Unit 11, Grange Retail Park
Grange Road, Rathfarnham
Dublin 14, Ireland.

t: +353 1 495 7797
e: reception@ppireland.com
www.ppireland.com

“Contrology (Pilates) Develops the body uniformly, corrects wrong postures,
restores physical vitality, invigorates the mind & elevates the spirits.”
Joe Pilates

Class Schedule – 2020

All classes are taught in English unless otherwise stated

Monday	Class		Teachers
09.30-10.30	Reformer <i>Bums, Tums & Legs (Level 1-2)</i>		Aoife Keegan
10.45-11.45	Reformer <i>Level 1</i>		Aoife Keegan
10.45-11.45	Mat <i>Beginners / Improvers</i>	Virtual	Arlene Ryan
15.00-16.00	Reformer <i>Level 1</i>		Arlene Ryan
18.00-18.50	Reformer <i>Level 1</i>		Carolyn MacLachlan
19.00-19.50	Reformer <i>Level 2</i>		Carolyn MacLachlan
19.00-20.00	Mat <i>Level 1</i>	Virtual	Aisling Daly
20.00-20.50	Reformer <i>Level 3/ 4</i>		Carolyn MacLachlan
21.00-22.00	Reformer <i>Stretch</i>		Carolyn MacLachlan
Tuesday			
09.30-10.30	Reformer <i>Level 1 / 2</i>		Aoife Keegan
10.45-11.45	Reformer <i>Beginners</i>		Aoife Keegan
10.30-11.30	Mat <i>Level 1 / 2</i>	Virtual (Italian)	Francesca Lazzini
18.00-18.50	Reformer <i>Beginners</i>		Daniella Salgado
19.00-19.50	Reformer <i>Level 1</i>		Daniella Salgado
20.00-20.50	Reformer <i>Level 2</i>		Daniella Salgado
21.00-22.00	Reformer <i>Beginners</i>		Daniella Salgado
Wednesday			
07.00-08.00	Mat <i>Level 1</i>	Virtual (New)	Arlene Ryan
09.30-10.30	Reformer <i>Beginners / Improvers</i>		Arlene Ryan
10.45-11.45	Reformer <i>Level 1</i>		Arlene Ryan
12.15-13.15	Mat <i>Level 1</i>	In Studio	Arlene Ryan
16.00-17.00	Mat <i>Level 1</i>	Virtual (Italian)	Francesca Lazzini
18.00-18.50	Reformer <i>Level 1</i>		Daniella Salgado
19.00-19.50	Reformer <i>Beginners</i>		Daniella Salgado
19.00-20.00	Mat <i>Beginners</i>	Virtual	Aisling Daly
20.00-20.50	Reformer <i>Level 2</i>		Daniella Salgado
21.00-22.00	Reformer <i>Level 1</i>		Arlene Ryan
Thursday			
09.30-10.30	Mat <i>Level 1</i>	Virtual	Daniella Salgado
9.20-10.20	Reformer <i>Beginners</i>		Carolyn MacLachlan
10.30-11.30	Reformer <i>Level 1</i>		Carolyn MacLachlan
11.45-12.45	Reformer <i>Bums, Tums & Legs (Level 1-2)</i>		Carolyn MacLachlan
18.00-18.50	Reformer <i>Level 1</i>		Arlene Ryan
19.00-19.50	Reformer <i>Power Pilates (Level 1+)</i>		Aisling Daly
19.00-19.50	Mat <i>Level 1</i>	Virtual	Arlene Ryan
20.00-20.50	Reformer <i>Beginners</i>		Aisling Daly
21.00-22.00	Reformer <i>Level 1</i>		Aisling Daly

PILATES PERFORMANCE

Unit 11, Grange Retail Park
Grange Road, Rathfarnham
Dublin 14, Ireland.

t: +353 1 495 7797
e: reception@ppireland.com
www.ppireland.com

“Contrology (Pilates) Develops the body uniformly, corrects wrong postures,
restores physical vitality, invigorates the mind & elevates the spirits.”
Joe Pilates

Friday			
09.30-10.30	Reformer Beginners		Aoife Keegan
10.45-11.45	Reformer Level 1/2		Aoife Keegan
12.15-13.15	Mat Level 1	In Studio	Arlene Ryan
13.30-14.30	Reformer Level 1		Arlene Ryan
18.00-19.00	Reformer Level 1		Aisling Daly
19.15-20.15	Reformer Level 1/2		Aisling Daly
Saturday			
08.50-09.50	Reformer Level 1		Arlene Ryan
10.00-11.00	Reformer Beginners		Arlene Ryan
10.00-11.00	Mat Level 1/2	Virtual	Aisling Daly
11.15-12.15	Reformer Level 2		Arlene Ryan
11.15-12.15	Mat Beginners/ improvers	Virtual	Aisling Daly
Sunday			
9.15-10.15	Reformer Beginners		Arlene Ryan
10.30-11.20	Reformer Level 1		Arlene Ryan
11.30-12.20	Reformer Beginners		Arlene Ryan
12.30-13.30	Reformer Level 2		Arlene Ryan

Management reserves the right to change the class schedule and instructors from time to time, however as always we welcome your suggestions.

Book and pay for your classes online, log on to www.PPIreland.com

Download our FREE *iphone/ipad* app now



find us on

Facebook

www.facebook.com/ppireland



Follow us on
Twitter

www.twitter.com/pp_ireland

www.PPIreland.com Phone (01) 495 7797

Pilates Performance Ireland, Unit 11, Grange Retail Park, Grange Road, Rathfarnham, D16
(Above Lidl, across from Marlay Park)

Terms and Conditions:

We operate a 4 hour cancellation policy, you may cancel classes online or by using our app, failure to cancel you will be charged for the class.

*****Please note the expiry date on all packages.**

Expiry dates will only be extended with one month written notice, the max extension period is for one month