



Spring Schedule 2012

From Monday 9th January

Mondays	Tuesdays	Wednesdays	Thursdays
18.10 Pilates Level 1 South William Space, D2	17.30 Pregnancy Pilates (45 mins) Dublin Holistic Centre, South William St, D2	18.10 Yogalates Level 2&3 South William Space, D2	13.00 Mummy & Baby Yoga (60 mins) Dublin Holistic Centre, South William St, D2
	18.15 Yogalates Level 1 Dublin Holistic Centre, South William St, D2	19.15 Pilates Level 2&3 South William Space, D2	18.30 Pregnancy Yoga (60 mins) Dublin Holistic Centre, South William St, D2
	19.30 Yoga Flows Mixed Ability Dublin Holistic Centre, South William St, D2	20.20 Yoga Mixed Ability South William Space, D2	

Classes begin 9th January; contact Rachel if you wish to join in mid-term

Duration: 12 Weeks

Fee: €150 per course (Drop in €15 subject to availability)

Pregnancy Pilates Classes: (45 mins)

6 weeks €70, Drop-in €15

Pregnancy Yoga Classes: (60 mins)

6 weeks €90, Drop-in €18

Call or Text Rachel: 086 845 3864

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