



## Free Demonstration and Introduction Evening

Takes place 6th January 2016 @ 7pm

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>10.30am</b>		Beginners Pilates <b>Boyle Family Centre</b> Start Date 12.01.16	Intermediate Pilates <b>Stephen St. Sligo</b> Start Date 13.01.16		<b>10.00am</b> Mixed Level Pilates <b>Stephen St. Sligo</b> Start Date 15.01.16
<b>11.40am</b>			Beginners Pilates <b>Stephen St. Sligo</b> Start Date 13.01.16		Mixed Level Pilates <b>Ballymote FRC</b> Start Date 15.01.16
<b>6.30pm</b>	Intermediate Pilates <b>Stephen St. Sligo</b> Start Date 11.01.16	Beginners Pilates <b>Stephen St. Sligo</b> Start Date 12.01.16 Beginners Pilates <b>Ballymote FRC</b> Start date 12.01.2016	Yogalates Mixed Level <b>Stephen St. Sligo</b> Start Date 13.01.16	Beginners Pilates <b>Stephen St. Sligo</b> Start Date 14.01.16	
<b>7.00pm</b>	Beginners Pilates <b>Skreen, Sligo</b> Start Date 11.01.16		Beginners Pilates <b>Boyle</b> Start Date 13.01.16		
<b>7.30pm</b>	Advanced Pilates <b>Stephen St. Sligo</b> Start Date 11.01.16	Intermediate Pilates <b>Stephen St. Sligo</b> Start Date 12.01.16  Intermediate Pilates <b>Ballymote FRC</b> Start date 12.01.16	Restorative Yoga <b>Stephen St. Sligo</b> Start Date 13.01.16	Beginners Pilates <b>Stephen St. Sligo</b> Start Date 14.01.16	
<b>8.00pm</b>	Intermediate / Advanced Pilates <b>Skreen, Sligo</b> Start Date 11.01.16		Intermediate Pilates <b>Boyle</b> Start Date 13.01.16		
<b>8.30pm</b>	Beginners Pilates <b>Stephen St. Sligo</b> Start Date 11.01.16	Advanced Pilates <b>Stephen St. Sligo</b> Start Date 12.01.16  Advanced Pilates <b>Ballymote</b> Start date 12.01.16		Yogalates <b>Stephen St. Sligo</b> Start Date 14.01.16	

Book online [www.slipilates.com](http://www.slipilates.com) Call **Oliver** 086 084 68 49 **Catriona** 086 814 24 24