



Sligo Pilates Classes September 2019

*Reward yourself with new strength, a more powerful core,
better posture and for many, pain free living!*

www.sligopilates.com Call Catriona 086 814 2424 or Oliver 086 084 6849

Day	Venue	Classes	Trainer	Phone
Monday September 9 th	Stephen Street Sligo	5:30 Beginner Pilates 6:30 Intermediate Pilates 7:30 Advanced Pilates	Catriona	00353868142424
Tuesday September 10th	Stephen Street Sligo	6:30 Intermediate Pilates 7:30 Intermediate Pilates 8:30 Advanced Pilates	Catriona	00353868142424
Tuesday September 17th	Ballymote Community Centre	6:30 Beginner Pilates 7:30 Intermediate Pilates 8:30 Advanced Pilates	Oliver	00353860846849
Wednesday September 11 th	Stephen Street Sligo	Wed Morning 10:30 am Intermediate Pilates 11:40 am Intermediate Pilates	Oliver	00353860846849
Wednesday September 11 th	Stephen Street Sligo	5:30 Beginner Pilates 6:30 Intermediate Pilates 7:30 Yogalates Mixed Level	Oliver	00353860846849
Thursday September 12th	Stephen Street Sligo City Centre	5:30 Beginner Pilates 6:30 Intermediate Pilates 7:30 Beginner Pilates	Oliver	00353860846849
Friday September 20 th	Fri Morning Sligo And Ballymote	10.00am Beginner / Intermediate Sligo 11.40 am Beginner / Intermediate Ballymote Family Resource Centre	Oliver	00353860846849