

DUN LAOGHAIRE: MONDAY			
18:30-19:30	Pilates 2	Alison	Drop-in for €15
18:30-19:30	Yoga 1	Olwyn	Drop-in for €15
19:30-20:30	Pilates 1	Alison	Drop-in for €15
19:30-20:45	Hot Yoga 2	Olwyn	Drop-in for €15
DUN LAOGHAIRE: TUESDAY			
07:00-07:50	Early Morning Vinyasa 1-2	Michelle E	Drop-in for €15
18:30-19:45	Yoga 2	Caragh	Drop-in for €15
19:45-20:45	Pilates 1-2	Niamh	Drop-in for €15
DUN LAOGHAIRE: WEDNESDAY			
18:30-19:30	Pilates 1	Caroline	Drop-in for €15
18:30-19:45	Yoga 1	Caragh	Drop-in for €15
19:30-20:45	Gentle Yoga	Caroline	Drop-in for €15
19:45-21:00	Yoga 2	Caragh	Drop-in for €15
DUN LAOGHAIRE: THURSDAY			
10:00-11:15	Yoga 1-2	Lisa P	Drop-in for €15
11:30-12:30	Mum & Baby Yoga Course	Jan	4 weeks €60 Starting 6th November
18:30-19:30	Pilates 2	Mich	Drop-in for €15
18:30-19:45	Prenatal Yoga	Jan	Drop-in for €18
19:30-20:15	Barre Concept	Mich	Drop-in for €12/ 6 classes €60
19:45-20:45	Yoga 1	Jan	Drop-in for €15
DUN LAOGHAIRE: FRIDAY			
10:00-11:15	Vinyasa Flow 1-2	Michelle E	Drop-in for €15
DUN LAOGHAIRE: SATURDAY			
10:00-11:15	Yoga 1	Caragh	Drop-in for €15
11:15-12:30	Yoga 2	Caragh	Drop-in for €15
DUN LAOGHAIRE: SUNDAY			
10:00-11:15	Vinyasa Flow 1-2	Michelle E	Drop-in for €15
11:15-12:30	Yoga 2	Caragh	Drop-in for €15

Prices:
Drop-in

Yoga/ Pilates	€15
→ Students, Unemployed, OAPs	€10
Prenatal Yoga	€18

 Website: www.yogadublin.com | Email: info@yogadublin.com

 Download our free booking app on [iPhone](#) & [Android](#)

Barre Concept	€12
Zumba	€10

Membership Options

Membership Options cover unlimited Yoga, Pilates, Barre Concept & Zumba classes. Excludes Prenatal/ Postnatal, Specialised Courses & Workshops.

- ➔ Introductory Offer – 30 days €59
(Once off per person)
- ➔ Monthly Membership €79 per month
(minimum 3 month commitment)

Class Packs

6 Class Pass - Yoga/Pilates	€85
➔ Auto Renew 6 Class Pass (Renews 3 times)	€75
Prenatal Yoga – 6 classes	€100
Barre Concept – 6 classes	€60
Zumba – 10 classes	€80

- Level 1:** Any classes marked with a 1 are beginner classes; open to those in the initial stages of their Yoga/ Pilates practice.
- Level 1-2:** Suitable for those who have attended Yoga/ Pilates level 1 classes and improver students who want to further their practice. Not suitable for complete beginners.
- Level 2:** Intermediate level classes; suitable for those with a regular Yoga/ Pilates practice.
- Level 3:** Advanced classes; suitable for experienced Yoga/ Pilates practitioners.
- No Level:** Mixed Level Suitable for All

Classes & Levels: