

RANELAGH: MONDAY			
10:00-11:00	Yoga 1	Emma	Drop-in for €15
17:00-17:45	Barre Concept	Mich	€12 Drop-In/ 6 classes €60
18:00-19:00	Astanga 1	Anto	Drop-in for €15
18:00-19:00	Pilates 3	Mich	Drop-in for €15
19:00-20:30	Astanga 2 Led Class	Anto	Drop-in for €15
19:00-20:00	Pilates 2	Mich	Drop-in for €15
20:30-21:45	Anusara Inspired	Kanta	Drop-in for €15
RANELAGH: TUESDAY			
07:00-08:00	Early Morning Vinyasa Flow 1	Sibylle	Drop-in for €15
10:00-11:15	Yoga 2	Michele VV	Drop-in for €15
10:00-11:00	Baby Massage	Michelle E	4 week Course New Course Starting 9th September
11:15-12:15	Mum & Baby Yoga	Michelle E	Drop in for €15
18:00-19:00	Pilates 1	Mich	Drop-in for €15
18:15-19:30	Yoga 2	Michele VV	Drop-in for €15
19:00-20:00	Pilates 3	Mich	Drop-in for €15
19:30-20:30	Yoga 1-2	Michele VV	Drop-in for €15
20:00-21:25	Prenatal Yoga	Lou	Drop-in for €18 New Course Starting 2nd September
20:30-21:30	Yoga for Everyone!	Fiona	Drop-in for €10 <i>Community class, Mixed Levels</i>
RANELAGH: WEDNESDAY			
07:00-08:00	Early Morning Pilates 1-2	Lauren	Drop-in for €15
09:00-10:15	Yoga 2	Sibylle	Drop-in for €15
10:00-11:15	Yoga 1-2	Lou	Drop-in for €15
11:30-13:00	Postnatal Yoga <i>(No Class for Summer – back September 2014)</i>		Drop-in for €18
18:00-19:00	Yoga 1	Dave	Drop-in for €15
18:10-19:10	Pilates 2	Mich	Drop-in for €15
19:00-20:30	Vinyasa Flow 3	Dave	Drop-in for €15
19:10-20:10	Pilates 1	Mich	Drop-in for €15
20:10-21:10	Pilates 2	Mich	Drop-in for €15
20:30-21:45	Yoga for Everyone! <i>((No Class for Summer – back September 2014)</i>		Drop-in for €10 <i>Community class, Mixed Levels</i>
RANELAGH: THURSDAY			
07:00-08:00	Early Morning Vinyasa Flow 2	Sibylle	Drop-in for €15
10:00-11:15	Yoga 1-2	Olwyn	Drop-in for €15
10:00-11:25	Prenatal Yoga	Lou	Drop-in for €18 New Course Starting 4th September
17:50-19:15	Prenatal Yoga	Lou	Drop-in for €18 New Course Starting 4th September
18:00-19:00	Yoga 1-2	Luna	Drop-in for €15
19:00-20:15	Yoga 2	Luna	Drop-in for €15
19:15-20:45	Astanga 2 Led class	Anto	Drop-in for €15
20:15-21:45	Tai Chi	Ross	6 Week Course €90 New Course date TBC
RANELAGH: FRIDAY			
07:00-08:00	Early Morning Yoga 2	Sibylle	Drop-in for €15
10:00-11:00	Pilates 1	Lena	Drop-in for €15
10:00-11:30	Yoga 2	Lou	Drop-in for €15
18:00-19:30	Astanga 2 Led class	Anto	Drop-in for €15
18:15-19:45	Yoga Mixed Level	Kanta	Drop-in for €15
RANELAGH: SATURDAY			
09:45-11:00	Prenatal Yoga	Michele VV	Drop-in for €18/ 6 classes €100
10:00-11:00	Pilates Open Level	Alison	Drop-in for €15
11:00-12:15	Yoga for Everyone	Emma	Drop-in for €10 <i>Community class, Mixed levels</i>
11:00-12:15	Yoga 1	Michele VV	Drop-in for €15
12:30-13:45	Yoga 2	Emma	Drop-in for €15
RANELAGH: SUNDAY			
10:00-11:00	Pilates 1-2	Lena	Drop-in for €15
10:00-11:00	Astanga 1	Inna	Drop-in for €15
11:00-12:30	Yoga 2	Michele VV	Drop-in for €15
11:15-12:30	Astanga 1-2	Inna	Drop-in for €15