



Bodyfirm Pilates Ireland
Level 1 Park Shopping Centre
NCR
Dublin 7

Tel: 00 353 1 868 4600

[Home](#) [Pilates Packages](#) [Training & Workshops](#) [Class Schedule](#) [Therapy](#) [Core Solutions](#) [About Us](#) [Contact Us](#)



Group Class Schedule

TRAIN WITH IRELAND'S FORMOST INSTRUCTORS IN THE ORIGINAL JOSEPH PILATES FITNESS SYSTEM

**DYNAMIC CLASS'S TO GET YOU IN SHAPE
TO BRING BALANCE BACK TO YOUR BODY- IN DUBLIN'S LARGEST AND
LONGEST ESTABLISHED FULLY EQUIPPED STUDIO - PILATES MAT & REFORMER FITNESS
CLASSES**

**Tone up for the party season now
All Tuesday evening Reformer classes
Are 30 Minute BLITZ,(not for the faint hearted)
Reformer Experience Required**

SEE THE NOVEMBER CLASS SCHEDULE BELOW

CALL 868 4600 TO BOOK

- **MAT GROUP CLASSES (SMALL PILATES PROPS USED)**
- **REFORMER / POWER TOWER GROUP CLASSES**
- **PRE NATAL CLASSES**
- **SEMI PRIVATE CLASSES**
- **DROP IN CLASSES AVAILABLE (PILATES EXPERIENCE REQ / CALL STUDIO)**

call / message: 01 8684600
call / message: 085 1205346
email: training@bodyfirmpilates.com

Get ready for Spring with BODYFIRM Pilates & I Tonic Vibration
I Tonic Vibration unique 20 minutes fitness for the new you [info](#)


	Monday	Tuesday	Wednesday	Thursday	Saturday
	4 Week Courses Starting November 24th	6 Week Courses Starting November 11th 30 Minute Reformer BLITZ Courses Tuesday Only	7 Week Courses Starting November 5th	4 Week Courses Starting November 20th	6 Week Courses Starting 11th October
11am	-	Reformer Level 1	Reformer Beginners	-	Pilates Mat Level 1 Beginners
1pm	Lite Lunch Reformer Classes Beginners	Semi Private Reformer Classes call to book	Lite Lunch Reformer Classes Beginners	Semi Private Reformer Class call to book	

[Booking Form](#)

[General Enquiry](#)

training@bodyfirmpilates.com

4.15pm	Semi Private Reformer Class call to book		Semi Private Reformer Class call to book		
5.00pm		Therapeutic Pilates Beginners Class	Golf Specific Pilates Class	Therapeutic Pilates Beginners Class	
6.15pm	Reformer Beginners	Reformer Level 1 30 Minute BLITZ	Reformer Level 1	Reformer Beginner	
6.15pm	Pilates Mat Level 1 Beginners	Pilates Mat Level 1 Beginners	Pilates Mat Advanced	Pre Natal Pilates	-
7.05pm	Reformer Level 1	Reformer Level 2 @ 6.50pm 30 Minute BLITZ	Reformer Level 1		
7.10pm	Pilates Mat Level 2	Pilates Mat Level 3	Pilates Mat Level 3	Pilates Mat Level 3	
7.30pm	-	Reformer Level 1 @7.30PM 30 Minute BLITZ	-	-	-
8.00pm	Reformer Beginners @8.15pm	Reformer Level 1 30 Minute BLITZ	Reformer Beginners		
8.00pm	Pilates Mat Level 3	Pilates Mat Level 1 Beginners	Pilates Mat Level 1 Beginners	Pilates Mat Level 1 Beginners	-
					-

 [Click to see what our customers are saying](#)

FREEMOTION I-TONIC

available daily Booked in courses of 12 sessions

A stimulating new form of fitness to help people lose weight, build strength and feel better in
15 to 25 minutes a day

call the studio for reservation / further information

Class Costs:		
Mat / Props Based Class	6 week course	€99.00
Mat / Props Based Class	7 week course	€116.00
Mat / Props Based Class	8 week course	€132.00
Mat / Props Based Class	9 week course	€149.00
Reformer/ Power Tower Class	6 week course	€138.00
Reformer/ Power Tower Class	7 week course	€161.00
Reformer/ Power Tower Class	8 week course	€184.00
Reformer/ Power Tower Class	9 week course	€207.00
Pre Natal Pilates Mat	8 week course	€140.00
Therapeutic Pilates 30 Minute Class	6 week course	€120.00
Reformer/Power Tower Class 30 Minute BLITZ	9 week course	€162.00
Drop in Mat Classes	mat work experience required	€18.00
Drop in Reformer Classes	reformer experience required	€26.00

€50 EURO DEPOSIT REQUIRED TO SECURE YOUR PLACE

YOUR DEPOSIT IS NON REFUNDABLE

ALL MAJOR CARDS ACCEPTED – BOOKING FEE APPLIES

**PLEASE CALL THE STUDIO FOR YOUR RESERVATION OR FURTHER INFORMATION
TRAINING @ BODYFIRM SUBJECT TO OUR TERMS/CONDITIONS BELOW**

Class Levels	Description
Level 1	Beginner 0- 8 weeks experience
Level 2	8-16 week plus experience
Level 3	16-24 week plus experience
Intermediate	6 months plus experience
Advanced	24 months experience
Class Style	Description
Pilates Reformer	Fun Dynamic group class on this unique pilates machine
Therapeutic Pilates	Specific class for those referred to Pilates due to back or injury issues - Consultation & 121 session required prior to participation
Pilates Power Tower	Step up the volume – tougher workouts on this pilates machine
Pilates Rise & Shine	Start the BODYFIRM way - stretch and workout your way into you day
Pilates xx	Pilates mat work out – work it work it – we pump up the volume – turn up the intensity – great results
OM Pilates	Unique to Bodyfirm – pilates – yoga fusion class try this lovely blend
AM 30 Min Blitz	Unique to Bodyfirm - 30 minute pilates fitness – ideal way to wake up and start your day - train twice a week for 4 weeks (max 4 persons) - please note you must book for the entire course
Lunch 30 Min Blitz	Unique to Bodyfirm - 30m pilates fitness – use your lunch time wisely - ideal way to assist in losing those pounds for summer - training twice a week for 4 weeks (max 5 persons) - please note you must book the entire course
Mat Class	A mix of props – balls , bands, circles – diverse and fun
Core Conditioning For Men	Tough solid workout – dedicated to the male

Conditions of Training

- All clients must fill out a health questionnaire
- BODYFIRM reserve the right to screen clients from group class work
- All training excludes bank / public holidays
- All deposits are non refundable
- All funds apply to the course booked only and are non transferable / non refundable
- For their own safety clients late by 10 minutes or more will not be admitted to the class

 [Click to see what our customers are saying](#)

