

WEEKLY CLASS SCHEDULE

October 2026

 mon	10:30 AM / Pilates with Elaina 0896573955 12pm / Parent & Baby Yoga Taster 5th Oct 5:45 PM / Beginner Hatha Taster 5th Oct 7:00 PM / Vinyasa w/Fiona 086 376 7467	
tue	7:00 AM / YIN FLOW (book by midnight) 10AM-12:30pm/Parent & Toddler Playgroup 6-6:45pm / Yogilates Taster 6th Oct 7pm-9pm Men's Medicine Circle w/Rory fortnightly 6th Oct	
wed	12pm/ Pilates w/Louise Whats App+44 7540 606990 5pm / Pilates with Elaina 089 657 3955 6pm / Vinyasa w/Fiona 086 376 7467 7:30pm /Pilates with Elaina	
thu	10am / Yoga for MS with Aileen 12pm /Seated Yoga returns 22/10 6pm / Gentle Yoga returns 22/10 7:30pm / Pilates with Louise	
fri	9:30am / Pilates with Louise 10:45am / Baby Massage with Leemore 086 814 8658 7pm / Breathwork & Pilates with Elaina	
sat	9am Power Pilates with Elaina Taster 10th Oct 11am / Pregnancy Circle: Preparation Relaxation and Movement 086 814 8658	
sun	See weekly workshop schedule	

bantryholisticcentre

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