

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Strength & Conditioning 45 Mins	Hot Yoga 45 Mins	Express Cardio Pilates The OSLO Method 45 Mins	Slow Yoga Flow 45 Mins	Express Cardio Pilates The OSLO Method 45 Mins		
7.45am	Warm Yoga Flow 45 Mins	Express Power Yoga 45 Mins	Express Cardio Pilates The OSLO Method 45 Mins	Express Power Yoga 45 Mins	Express Cardio Pilates The OSLO Method 45 Mins	Hot Yoga <b>9.00 am</b> 55 Mins	Restorative Pilates <b>9.30am</b> 55 Mins
Mid-morning Classes						Strength & Conditioning <b>10.15 am</b> 55 Mins	Cardio Pilates The OSLO Method <b>10.30 am</b> 55 Mins
				Mummy & Me Yoga & Pilates Fusion <b>10.00 am</b> 55 Mins		Restorative Pilates <b>11.30am</b> 55 Mins	Vinyasa Yoga (Core focus) <b>12pm</b> 55 Mins
12.30pm	Express Cardio Pilates The OSLO Method 45 Mins	Express Cardio Pilates The OSLO Method 45 Mins	Strength & Conditioning 45 Mins	Express Cardio Pilates The OSLO Method 45 Mins	Express Cardio Pilates The OSLO Method 45 Mins	Cardio Pilates The OSLO Method <b>12.30 pm</b> 55 Mins	
1.15pm	Express Barre 45 Mins	Express Cardio Pilates The OSLO Method 45 Mins	Express Barre 45 Mins	Express Cardio Pilates The OSLO Method 45 Mins	Express Cardio Pilates The OSLO Method 45 Mins	Download our App OSLO Health to manage your bookings.	
5.30pm	Vinyasa Yoga 55 Mins	Barre 55 Mins	Barre 55 Mins	Hot Yoga 55 Mins	Barre 55 Mins		
6.30pm	Ashtanga Yoga 55 Mins	Barre 55 Mins	Ante Natal Pilates / Yoga Fusion 55 Mins	Barre 55 Mins	Revive & Restore Pilates 55 Mins		
7.30pm	Restorative Pilates 55 Mins	Ashtanga Yoga 55 Mins	Warm Yoga Flow 55 Mins	Hot Power Yoga <b>8.00 pm</b> 55 Mins			

\* This timetable is subject to change.  
Book online at [www.oslohealth.ie](http://www.oslohealth.ie)

# OSLO<sup>®</sup>

## Health

### Yoga & Pilates

Our classes are designed to be personal and intimate. Each group class in our custom built studio has a maximum of 15 students. Towels, mats and refreshments are provided.

For your convenience all of our classes are priced at the same rate, allowing you to attend a variety of classes when you purchase a bundle.

Drop in Rate	€18
Pre-Paid Bundles	
5 Class Bundle	€85 (€17 per class)
10 Class Bundle	€160 (€16 per class)
20 Class Bundle	€300 (€15 per class)

### Memberships

3 Month Membership (10 Classes per month)	€450 (€15 per class)
6 Month Membership (10 Classes per month)	€870 (€14.50 per class)
12 Month Membership (Unlimited classes)	€1680

Please note: Direct debit / monthly payment options available on 3, 6 & 12 month membership packages only.

### Personal Training

Personal Training and Private Pilates & Yoga sessions available 7 days a week. Each session will last for 55 Mins.

1 Private Class	€75
3 Private Classes	€200
6 Private Classes	€360

### Small Group Training

As part of our personal training services we offer small group classes in Pilates, Yoga and fitness. Get your friend's together and we'll do the rest!

Group sessions last for 45 Mins, Maximum 6 people per class.

1 Small group class	€90 per group
3 Small group classes	€240 per group
6 Small group classes	€420 per group

OSLO Health  
67 Mespil Road, Dublin 4  
01- 5638300 | [info@oslohealth.ie](mailto:info@oslohealth.ie) | [www.oslohealth.ie](http://www.oslohealth.ie)

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