



R
A
N
E
L
A
G
H

MONDAY

07:00-08:00	● Yoga Flow Level 1-2	Aine K	Drop-in for €18
10:00-11:00	● Yoga Flow Level 2	Aine K	Drop-in for €18
13:05-13:50	● Express Lunchtime Yoga	Sneha	Drop-in for €18
17:15-18:00	● Express Core Flow	Rachael	Drop-in for €18
18:00-19:00	● Yoga Flow Mixed Level	Joanna	Drop-in for €18
18:15-19:15	● Yoga Flow Level 2-3	Andrew	Drop-in for €18
19:15-20:15	● Beginners Yoga	Joanna	Drop-in for €18
19:30-20:30	● Yin Yoga	Andrew	Drop-in for €18

TUESDAY

07:30-08:15	● Yoga Flow Mixed Level	Fiona O	Drop-in for €18
10:00-11:00	● Yoga Flow Level 1-2	Silvio	Drop-in for €18
11:15-12:00	● Free Community Class	Teacher Trainee	Free
13:05-13:50	● Express Rocket Flow	Kate MC	Drop-in for €18
17:15-18:00	● Express Pilates	Bronagh	Drop-in for €18
18:00-19:00	● Yoga Flow Level 1-2	Caoimhe	Drop-in for €18
18:00-19:00	● Pilates Open Level	Bronagh	Drop-in for €18
19:00-20:00	● Ashtanga Level 1-2	Des	Drop-in for €18
19:00-20:15	● Prenatal Yoga	Hannah C	Drop-in for €18
20:15-21:15	● Restorative Yoga	Joyce	Drop-in for €18

WEDNESDAY

07:30-08:30	● Yoga Flow Mixed Level	Aine K	Drop-in for €18
10:00-11:00	● Yoga Flow Level 1-2	Aine K	Drop-in for €18
11:15-12:15	● Gentle Yoga	John	Drop-in for €18
11:30-12:45	● Mum & Baby Yoga	Dee	Drop-in for €18
13:05-13:50	● Express Lunchtime Yoga	Goran	Drop-in for €18
18:00-19:00	● Yoga Flow Level 2	Roberto	Drop-in for €18
18:00-19:00	● Beginners Pilates	Nicky L	Drop-in for €18
19:15-20:15	● Wind Down Flow	Roberto	Drop-in for €18
19:15-20:15	● Yin Yoga	Nicky L	Drop-in for €18
20:15-21:00	● Beginners Yoga	Nicole	Drop-in for €18

THURSDAY

07:30-08:30	● Yoga Flow Level 1-2	Hannah C	Drop-in for €18
10:00-11:00	● Yoga Flow Mixed Level	Catie	Drop-in for €18
13:05-13:50	● Express Lunchtime Pilates	Bronagh	Drop-in for €18
17:45-19:00	● Prenatal Yoga	Susie	Drop-in for €18
18:00-19:00	● Yoga Flow Level 2	Jess	Drop-in for €18
19:00-20:00	● Restorative Yoga	Jess	Drop-in for €18
19:15-20:15	● Yoga Flow Level 1-2	Susie	Drop-in for €18
20:15-21:00	● Free Community Class	Teacher Trainee	Free

FRIDAY

07:00-08:00	● Yoga Flow Level 1-2	Kate D	Drop-in for €18
10:00-11:00	● Yoga Flow Level 2	Aine K	Drop-in for €18
10:30-11:45	● Prenatal Yoga	Joanna	Drop-in for €18
13:05-14:00	● Ballet Barre Sculpt	Dearbhla	Drop-in for €18
13:05-13:50	● Express Lunchtime Yoga	Silvio	Drop-in for €18
17:15-18:15	● Pilates Open Level	Viv	Drop-in for €18
17:15-18:15	● Ashtanga Level 1-2	Dee	Drop-in for €18
18:30-19:30	● Gentle Yoga	John	Drop-in for €18

SATURDAY

09:00-10:00	● Yoga Flow Level 1-2	Mia	Drop-in for €18
09:45-11:00	● Prenatal Yoga	Aislinn	Drop-in for €18
10:15-11:15	● Ashtanga Level 1-2	Kate B	Drop-in for €18
11:00-12:00	● Pilates Level 1	Nikki	Drop-in for €18
11:30-12:30	● Yoga Flow Level 1-2	Aine K	Drop-in for €18
12:00-13:00	● Pilates Level 2	Nikki	Drop-in for €18
13:00-13:45	● Barre	Nikki	Drop-in for €18

SUNDAY

09:30-10:30	● Yoga Flow Mixed Level	Roberto	Drop-in for €18
10:00-11:00	● Pilates Open Level	TBC	Drop-in for €18
10:30-11:30	● Yoga Flow Level 2-3	Roberto	Drop-in for €18
11:45-12:45	● Yin Yoga	Roberto	Drop-in for €18

Please arrive on time for class. Late arrivals will not be admitted.

- Vinyasa
- Specialty classes
- Rest & Restore
- Whole body fitness
- All things Mum & Baby

REGULAR CLASSES

YOGA, PILATES & BARRE

1 Class	€18
5 Class Pass	€80
10 Class Pass	€160
20 Class Pass	€275
50 Class Pass	€575

Please always check expiry dates when purchasing a series of classes

STUDENTS/OVER 66s

1 Class	
5 Class Pass	€12
	€50

PRENATAL/ POSTNATAL YOGA

1 Prenatal/ Postnatal Class	€18
6 Prenatal/ Postnatal Classes (includes one free Mum & Baby Yoga Class)	€100

Introductory Offers

Are you new to Yoga Dublin?

Choose from our intro offers below and enjoy Yoga classes across our three studios in Ranelagh, Dundrum, and Rathmines.

- Excludes courses, workshops and Prenatal Yoga/Mum and baby yoga
- Commences on day of purchase, no exceptions

30 days unlimited for €59

(Unlimited yoga, hot yoga, pilates)

Membership Options

Yoga Dublin membership grants unlimited access to our full schedule of Yoga, Pilates, Barre, Mum and Baby Yoga and Hot Yoga. It excludes Prenatal Yoga classes. Members also enjoy a 10% discount on all workshops.

Monthly Membership

€99 per month

(12 month commitment)

€103.16 per month

(6 month commitment)

€109.66 per month

(3 month commitment)

Over 66/ Student Monthly Membership

€79 per month

(3 month commitment with valid ID)

Monthly Unlimited Online and in studio

€119 per month

(30 days unlimited no commitment)

Single month purchase

Sign up

www.yogadublin.com or via the Momence