

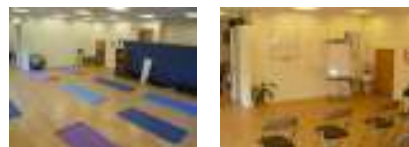
Room - Studio Rental in South Dublin,
Rathfarnham, Dundrum, Nutgrove,
Churchtown area:

- An online – internet promotion on one of our various websites might be possible depending on the topic of your work and if it is relevant to our activities.
- Location:
 - Beside Nutgrove Shopping Centre
 - In the Nutgrove Office Park
 - Close to Dundrum, Rathfarnham, Sandyford, Churchtown, Ballinteer, Terenure, Marlay Park and only a few minutes drive from the M50.
- Ample Free Parking for your customers.
- Available for presentations, seminars and workshops etc.:
 - Foldable Chairs
 - White Board
 - Easel (magnetic white board)
- Available for fitness and exercise classes:
 - Exercise, Pilates, Yoga mats
 - Pilates Rings
- The main room is around 25ft * 32ft or 8m * 10m.
- Room is clean, bright, tea/coffee making facilities and filtered water is available.



One-to-One Sessions						
	Half hour 30min	Rate per hour	Rate per 3 hour block e.g. 9am-12am, 11.30p-2.30pm, call for other options	Rate per hour if you book a 3 hour block	save €x	Rate per 8 hour block e.g. 8am-4pm, 9-5pm, call for other options
Monday to Friday						
1. 6am/7am-11.30am	€8.00	€12.50	€30.00	€10.00	€7.50	€70.00
2. 11.30am-2.30pm	€8.00	€15.00	€36.00	€12.00	€9.00	
3. 2.30pm-5.30pm	€8.00	€12.50	€30.00	€10.00	€7.50	
4. 5.30pm-10pm	€8.00	€15.00	€36.00	€12.00	€9.00	
Saturday - Sunday						
1. 6am/7am-2pm	€8.00	€15.00	€36.00	€12.00	€9.00	€80.00
2. 2pm-10pm	€8.00	€15.00	€36.00	€12.00	€9.00	

Group Sessions – Group Activities						
	Rate per hour	Rate per 3 hour block e.g. 9am-12am, 11.30p-2.30pm, call for other options	Rate per hour if you book a 3 hour block	save €x	Rate per 8 hour block e.g. 8am-4pm, 9-5pm, call for other options	
Monday to Friday						
1. 6am/7am-11.30am	-	€30.00	€75.00	€25.00	€15.00	€140.00
2. 11.30am-2.30pm	-	€35.00	€90.00	€30.00	€15.00	
3. 2.30pm-5.30pm	-	€30.00	€75.00	€25.00	€15.00	
4. 5.30pm-10pm	-	€40.00	€95.00	€31.67	€25.00	
Saturday - Sunday						
1. 6am/7am-2pm	-	€40.00	€95.00	€31.67	€25.00	€160.00
2. 2pm-10pm	-	€40.00	€95.00	€31.67	€25.00	



Contact **Martin Luschin** at **086-1736720** for further information.

See page 2 and 3 for pictures of different set ups.

www.fitnessclassesdublin.ie/room_rental_rates.pdf

Tel.: 086-17-367-20 – skype-user: fitnecise



Here a few pictures of the room, studio:



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FITNECISE® Coaching
www.PersonalTrainerDublin.ie - www.PilatesDublin.ie - www.fitnecise.ie
Personal Fitness Training – Toning – Conditioning – Diet and Nutrition - Weight Loss
Seminars – Presentations – Workshops
Group - Team - Corporate (In House) Fitness & Sport Training – Coaching
Pilates 1-2-1 (Mat Based & Ball) or group session – Gymstick - NLP - Diet & Nutrition
48 Mount Eagle Grove – Leopardstown Heights – Dublin 18 - Ireland



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