



# Mat Pilates

## Every Monday & Wednesday

### 7pm

Starting January 5th 2026  
Dominic's Community Centre, 60&60A Avonbeg Gardens,  
Tallaght, Dublin 24, D24 KW58

Book through the link on instagram/facebook or send an email  
to: [matpilateswithkim@gmail.com](mailto:matpilateswithkim@gmail.com)

Please bring a mat

# Pilates

with

# Kim

Instagram:  
[@matpilateswithkim](https://www.instagram.com/matpilateswithkim)

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