



TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	SUN
6.45am							
9am		Mat		Mat	Mat		
10.15am		Pre/Post Natal					
2.30	Reformer	Reformer	Studio				
3.45pm							Pre/Post Natal
7.15pm		Pre/Post Natal					

Pilates Matwork

Casual - \$20 per class

\$17 per class when a block of 10 is purchased

Pilates Reformer

Casual - \$27 per class

\$25 per class when a block of 10 is purchased

Pilates Studio

Casual - \$30 per class

\$28 per class when a block of 10 is purchased

All Sessions

- Are by appointment only
- Must be paid on or prior to the day