

Pilates Class Schedule

	12.30pm — 1.30pm	1.30pm — 2.30pm	4.00pm — 5.00pm
Monday			
Tuesday			Mixed Equipment (Reformer) Pilates Class
Wednesday			
Thursday			
Friday	Mat Pilates Class	Mixed Equipment (Reformer) Pilates Class	

Please book your class at reception or call 07 4099 4464 to reserve a spot. Referrals are not necessary, but bookings are essential as each class is personalised and carries a maximum of 6 participants for Mat classes and maximum 4 for mixed equipment Class.

An initial assessment is necessary with the instructor prior to joining the reformer class.

Health fund rebates may apply, so please enquire whilst booking
We look forward to seeing you in the studio. 4099 4464