

Did you know....

Most Private Health Insurers provide either partial or full rebates for Pilates classes supervised by physiotherapists.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.00am						
10.00am			General Health & Fitness Matwork Pilates and Small Equipment			
1.30pm						
4.30pm				Pregnancy / Post-Natal Bouncing Back Pilates		
5.30pm		General Health & Fitness Intermediate Pilates	General Health & Fitness Beginner Pilates	General Health & Fitness Matwork Pilates and Small Equipment		
6.30pm		General Health & Fitness Intermediate Pilates		General Health & Fitness Matwork Pilates and Small Equipment		

Groups are capped to a maximum of 6 people which provides ample opportunity for individual guidance performing exercises.

If you are wishing to participate in Pilates for Injury Rehabilitation or Back Care—Please just inform your instructor so that a program can be designed specifically for your requirements. BOOKINGS ARE ESSENTIAL.