



**Pilates Information Sheet**

**9344 7476**

**PILATES CLASSES TIMETABLE**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
		9.15am			9.15am
				12.00*	
5.45pm	6.00pm		6.00pm		

\*PLEASE NOTE FRIDAY MIDDAY CLASS ONLY RUNS DURING SCHOOL TERMS

- **Pilates sessions will run for 45-50 mins each class**



- **Pilates will be run in small group sessions using combination of Mats, Fitballs & Pilates Equipment (called Reformers)**



- **Cost of each group class will be \$30. This amount can be rebatable through your health fund. (Initial/1 on 1 sessions are \$88).**



**\*\* Purchase 8 classes in advance at SPECIAL PRICE of \$176.00 with a 9<sup>th</sup> session free!! – thats a saving of \$94.00 \*\***

- **Individual Pilates sessions will be available on request and charged as a normal consult price of \$80.00**