

monday	tuesday	wednesday	thursday	friday	saturday
	7.30 am <b>apparatus</b>		6am <b>apparatus</b>	8 am <b>apparatus</b>	
				9 am <b>apparatus</b>	9 am <b>apparatus</b>
	9.30 am <b>apparatus</b>		10 am <b>apparatus</b>	10 am <b>apparatus</b>	10 am <b>group mat</b>
11 am <b>apparatus</b>	11 am <b>apparatus</b>	11 am <b>apparatus</b>		11 am <b>apparatus</b>	11 am <b>apparatus</b>
		12 pm <b>mat</b>			
1.45 pm <b>mat</b>			1.30 pm <b>apparatus</b>	1.30 pm <b>apparatus</b>	
3:00 pm <b>well back</b>		3:30 pm <b>apparatus</b>	3:30 pm <b>apparatus</b>		
4:30 pm <b>apparatus</b>	3:30 pm <b>apparatus</b>				
5.30 pm <b>apparatus</b>	5.30 pm <b>apparatus</b>	5:00 pm <b>apparatus</b>	5.30 pm <b>apparatus</b>		
6.30 pm <b>apparatus</b>	6.30 pm <b>apparatus</b>	6 pm <b>apparatus</b>	6.30 pm <b>apparatus</b>		
	7.30 pm <b>apparatus</b>		7.30 pm <b>apparatus</b>	6:15 pm <b>apparatus</b>	



- all classes are 55 minutes
- apparatus classes limited to four participants
- group mat classes limited to six participants
- private and semi private sessions scheduled at a time of your convenience - book one today!

**“Physical fitness is the first requisite of happiness.” - Joseph Pilates**

New to Pilates? Wondering how to get started? Try our introductory Pilates package. You'll get six private lessons and learn the basics! Call and book your first class today!

Sessions	Intro 6	10	20
Private	\$360	\$625	\$1200
Small Group	-	\$250	-
Group Mat	-	\$180	-