

monday	tuesday	wednesday	thursday	friday	saturday
	7.30 am apparatus			8 am apparatus	
				9 am apparatus	9 am apparatus
	9.30 am mat		10 am well back		10 am group mat
11 am apparatus	11 am well back	11 am apparatus		11 am apparatus	11 am apparatus
	12.30 pm Core Fusion				
1.30 pm mat			1.30 pm apparatus		
		3:30 pm apparatus			
	4 pm apparatus				
	5.30 pm apparatus		5.30 pm apparatus		
6.30 pm apparatus	6.30 pm apparatus		6.30 pm apparatus		
	7.30 pm apparatus	6 pm apparatus	7.30 pm apparatus		



- 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	-