



Spring Class Schedule 2018

Updated 06/10/2018

Day	Time	Class description
Monday	7.00 am	Pilates Yoga 45 min
	12.00 pm	Pilates Clinical
	4.15 pm	Pilates Youth 12-18 years
	5.30 pm	Pilates Fitness
Tuesday	6.45 am	Strength & Conditioning 45mins
	11.00 am	Pilates Beginners (Subject to demand)
	12.00 pm	Pilates Circuit Mixed Level
	5.30 pm	Strength & Conditioning 45mins
	5.30 pm	Running Group
Wednesday	12.00 pm	Pilates Beginners
	5.30pm	Yoga
Thursday	6.45 am	Strength & Conditioning 45mins
	12.00 pm	Pilates Yoga
	5.30 pm	Pilates Clinical
Friday	7.00 am	Pilates Yoga 45 min
	12.00 pm	Pilates Fitness

Class timetable may change during school holidays.

\$25	Trial Week. Valid to try classes for 1 week.
\$89	One month (30 days) unlimited classes and off-peak independent fitness.*
\$85	5 Class concession card valid for 3 months (\$17/session)
\$155	10 Class concession card valid for 6 months (\$15.50/session)
\$275	20 Class concession card valid for 6 months (\$13.75/session)
\$50	10 Independent rehabilitation circuit, concession card valid for 3 months.

Bookings are essential for all classes and fitness sessions.

Payment is necessary to secure a place in the class.

All cancellations less than 24 hours' notice will be charged at class fee rate.

*(Fitness available 8.30am - 11.30am & 1.30pm - 4.30pm)