

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15- 7:00		Pilates				
7:15 - 8:15	Pilates	Pilates	Pilates	Pilates	Pilates	Pilates (7:30am)
8:30 - 9:30	Pilates	Pilates	Pilates	Pilates	Pilates	Pilates
9:45 - 10:45	Private	Private	Pilates	Private	Private	Pilates
11:00 - 12:00	Private	Private	Private	Private	Private	
12:15 - 1:15				Private	Private	
1:30 - 2:30				Private	Private	
3:00 - 4:00	Private	Private	Private	Private	Private	
4:15 - 5:15	Pilates	Pilates	Pilates (4pm)	Private	Pilates (4:30pm)	
5:30 - 6:30	Pilates	Pilates	Pilates (5pm)	Pilates		
6:30 - 7:30		Pilates		Pilates		

Pilates: Semi private class of max 4 people using our state of the art studio equipment

Private: Book directly on 0432 245 958 for either 60 min private pilates (ideal for rehab/performance goals) or 45 min assessments

Due to the semi - private nature of our classes (max 4 people) we use an 8hr cancellation policy, thanks for your understanding.



Recover Wellbeing
Pilates & Holistic Health Studio

Bookings required. Book via our website or contact us. Please arrive 5 minutes before your first class, bring socks, a towel and some water. Get in touch for more information about our other holistic health services.

www.recoverwellbeing.com.au
Contact Sarah Paxford

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