



# Class Timetable

Call us at, **0755 621 487** to book your first class today!

Time	Monday	Tuesday	Wednesday	Thursday
7:00 am		Yoga w/ Marley		
8:30am			Pilates w/ Paul	
10.30am		Pilates w/ Tammy		
11.30am		Falls w/ Paul		Pilates w/ Tammy
1pm	Pilates w/ Paul			
3pm		Yoga w/ Marley		
4pm		Yoga w/ Marley		

**Pilates Rates and Packages**

- 1 class pass \$35
- 3 class pass \$90
- 5 class pass \$140
- 10 class pass \$265

**Yoga**

\$15 cash or \$50 for a 5 class pass

**About the classes**

Try us out today, your first class is FREE!

Claimable on private health

Each class is 1 hour in length and concentrated to a small group

Limited space available per class (No more than 4 participants)

ALL LEVELS WELCOME