



RECOVER WELLBEING

Recover Wellbeing Pilates and Holistic Health Studio

Bookings required, book via our website or by contacting us. Get in touch for information about our other holistic health services. Please arrive 10 minutes before your first class, bring socks and a towel, we have refreshments for you.

www.recoverwellbeing.com.au
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 7:00		Pilates	Pilates	Hatha Yoga		
7:15 - 8:15		Pilates	Pilates	Pilates	Pilates	Vinyasa Yoga
8:30 - 9:30		Pilates	Pilates	Pilates	Pilates	Pilates
9:45 - 10:45				Pilates		Pilates
11:00 - 12:00		Private	Private	Private	Private	
12:15 - 1:15		Private		Private		
1:30 - 2:30				Private		
3:00 - 4:00	Pilates	Pilates	Pilates	Private	Pilates	
4:15 - 5:15	Pilates	Pilates	Pilates	Pilates	Pilates Zen	
5:30 - 6:30	Pilates	Pilates	Pilates Mat - L1	Pilates		
6:30 - 7:30	Private			Pilates		
6:45 - 7:45		Meditation	Yin Yoga			

Pilates: semi-private classes of max. 4 people using studio equipment ⚙️ 👥

Pilates Mat: L1 for beginners without any limiting injuries ⚙️

Pilates Zen: equipment based classes combining stretch, breath work & essential oils to help you relax & find your Zen ⚙️ 👥

Yoga: steadier paced Hatha or Vinyasa flow, enhance your mind/body connection while building gentle strength & lengthening muscles ⚙️

Yin Yoga: a calming practice, sustaining postures for deeper stretch and relaxation ⚙️ 👥

Meditation: a blissful hour of relaxation, gentle stretching, visualisation & essential oils to guide your meditative practice ⚙️ 👥

Private: book directly on 0432 245 958, either 60min private Pilates (ideal for rehab/performance goals), or 45min assessments ⚙️ 👥

⚙️ = suitable for beginners | 👥 = suitable for all abilities, ages & people with limitations/injuries | 🚫 = not suitable for those with injuries