



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
Contact Sarah Paxford

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f @rwellbeing **ig** @recoverwellbeing

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 7:00			Pilates	Hatha Yoga		
7:15 - 8:15		Pilates	Pilates	Pilates	Pilates	Pilates
8:30 - 9:30	Mindfulness M	Pilates	Pilates	Pilates	Pilates	Pilates
9:45 - 10:45			Private	Pilates	Private	Pilates
11:00 - 12:00		Private	Private	Private	Private	
12:15 - 1:15		Private	Private	Private	Private	
1:30 - 2:30		Private	Private	Private	Private	
3:00 - 4:00	Pilates	Pilates		Private	Pilates	
4:15 - 5:15	Pilates	Pilates	Pilates	Pilates	Pilates Zen	
5:30 - 6:30	Pilates	Pilates	Mat Pilates	Pilates	Private	
6:30 - 7:30				Pilates		
6:45 - 7:45	Yin / Meditation	Yin Yoga				

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

Mat Pilates: an hour of Pilates performed on the mat to retrain your alignment, build strength & flexibility 🛠️ ⓘ

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

Hatha Yoga: steadier paced, enhance your mind/body connection while building gentle strength & lengthening muscles 🛠️

Yin Yoga: longer holds to train the release of the fascia & enhance discipline of the mind & body for relaxation ⓘ

Yin / Meditation: find ease & comfort with long holds & gentle pauses. Guided meditation to send you into your deepest state of rest 🛠️ 👥

Mindfulness Monday: mindfulness practices to develop creative expression with different weekly content inc. yoga, meditation & art 🛠️ 👥

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