



RECOVER WELLBEING

Recover Wellbeing Pilates and Holistic Health Studio

Bookings required, book via our website or by contacting us.
Please arrive 10 mins before your first class. Bring socks, a
towel and water.

www.recoverwellbeing.com.au
Contact Sarah Paxford

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 7:00		Pilates				
7:15 - 8:15		Pilates	Pilates	Pilates	Pilates	Pilates
8:30 - 9:30		Pilates	Pilates	Pilates	Pilates	Pilates
9:45 - 10:45		Pilates	Private	Pilates	Private	Pilates
11:00 - 12:00	Private	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	Pilates Zen	Pilates	Private	
6:30 - 7:30				Pilates		
6:45 - 7:45						

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

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

Private: 1 hour one-on-one Pilates (ideal for rehab/performance goals) or a 45min assessment (ideal for new clients)

All classes are suitable for all ages and abilities. Bookings required, book via our website www.recoverwellbeing.com.au, or by contacting us.