

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 7:00						
7:15 - 8:15	Pilates	Pilates	Pilates	Pilates	Pilates	Pilates
8:30 - 9:30	Pilates	Pilates	Pilates	Pilates	Pilates	Pilates
9:45 - 10:45	Private	Pilates	Pilates	Private	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		Private	Private	Private	Pilates	
4:15 - 5:15	Pilates	Pilates	Pilates	Pilates	Pilates Zen	
5:30 - 6:30	Pilates	Pilates	Pilates	Pilates	Private	
6:30 - 7:30				Pilates		

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

Pilates Zen: Equipment based class combining stretch, breathwork and essential oils to help you relax and find your zen

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



Recover Wellbeing
Pilates & Holistic Health Studio

Bookings required. Book via our website or contact us. Please arrive 10 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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