

CLINICAL PILATES + POWER PLATE SCULPTING - BROADWAY

	6.30am	7.00am	7.30am	9.00am	10.00am	11.00am	1.00pm	5.15pm	6.15pm	7.15pm
MONDAY			CP & PPS	CP & PPS			CP & PPS	CP & PPS	CP & PPS	CP & PPS
TUESDAY									CP & PPS	
WEDNESDAY		CP & PPS		CP & PPS		CP & PPS	CP & PPS	CP & PPS	CP & PPS	
THURSDAY										
FRIDAY	CP & PPS		CP & PPS		CP & PPS	CP & PPS				
SATURDAY						CP & PPS				

CLINICAL PILATES + POWER PLATE SCULPTING - HURSTVILLE

					10.15am	11.15 am	12.15 pm	5.30pm	6.30pm	7.30pm
MONDAY						CP & PPS				
TUESDAY									CP & PPS	CP & PPS
WEDNESDAY										
THURSDAY									CP & PPS	
FRIDAY										
SATURDAY										

Clinical Pilates - Used for Recovery from Injury, Bad Backs, Pre-natal Women

Power Plate Sculpting - Used for targeting specific areas of the body utilising the latest in Pilates and Power Plate equipment