

PILATES - HURSTVILLE

	6.15am	9.15am	10.15am	11.15am	12.15pm	5.30pm	6.00pm	6.30pm	7.30pm
MONDAY	Pilates				Pilates	Pilates			Pilates
TUESDAY			Pilates		Pilates	Pilates		Pilates	
WEDNESDAY				Pilates				Pilates	Pilates
THURSDAY			Pilates	Pilates		Pilates			
FRIDAY	Pilates		Pilates				Pilates		
SATURDAY		Pilates	Pilates						

CHILDS PLAY - HURSTVILLE

		10.15am	11.15am	12.15pm					
MONDAY			Kids						
TUESDAY			Kids						
WEDNESDAY					Kids				
THURSDAY									
FRIDAY									
SATURDAY									

Reformer Pilates - The Original and Authentic Pilates

Kids - Supervised Childs Play - Bookings are Essential