



### Studio – 113 Te Awe Awe Street

Time	Monday	Tuesday	Wednesday	Thursday
9.15am		Mixed – Kim Sept 19,26 Oct 3,10,17	Level 1 – Wendy Oct 4,11,18,25	Mixed – Kim Sept 21,28 Oct 5,12,19
12.05pm			Level 1 – Wendy Oct 4,11,18,25	Mixed – Kim Sept 21,28 Oct 5,12,19
5.30pm	Mixed – Kim Sept 18 Oct 2,9,16	Mixed – Kim Sept 19,26 Oct 3,10,17	Mixed – Kim Sept 20,27 Oct 4,11,18	5.45pm ManGo Sept 21,28 Oct 5,12,19
6.35pm	Mixed – Kim Sept 18 Oct 2,9,16	Mixed – Kim Sept 19,26 Oct 3,10,17	Mixed – Kim Sept 20,27 Oct 4,11,18	
	7.45pm ManGo Sept 18, 26 Oct 2,9,16			

Class Type	Description	Instructor	Duration	Max Numbers	Are Bookings Essential?	Costs	Suitable for Beginners
<b>Beginners</b>	Slow pace learning the principles of Pilates	Wendy 027 2555121	55mins	8	Yes	\$16 ea \$70 for 5	Yes
<b>Level 1</b>	Slow to moderate pace building on from Beginners	Wendy 027 2555121	55mins	8	Yes	\$16 ea \$70 for 5	Yes
<b>Mixed^</b>	Moderate to fast pace offering progressions for different levels	Kim 021 041 2469	55mins	8	Yes	\$16 ea \$70 for 5	No
<b>ManGo (Mens Only)</b>	Moderate pace with an emphasis on stretch and mobility specific to men	Nick 027 2744214	45mins	6	Yes	\$13 ea \$55 for 5	Yes

^Mixed classes are not suitable for Beginners as you must be familiar with the Pilates principles prior to attending.

\*Mats are supplied but you are welcome to bring your own. All other equipment is supplied.

\*Wear light layers of clothing you can move comfortably in and avoid anything with zips and domes please.

\*Spaces are limited in all classes so you must book/register and prepay prior to attending.

\*Failure to attend all registered classes is at your own discretion and there are no refunds or credits. However you have the option of attending a similar class as a 'catch up'.

\*Catch up classes need to be taken within the timeframe of the current series and are subject to availability, please arrange prior to attending.

\*If for medical reasons you are unable to complete all registered classes a voucher will be issued and can be used at later date. A medical certificate may be requested.