



Studio – 113 Te Awe Awe Street

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9.15am		Mixed – Kim	Total Barre- Alysha	Level 1 – Kim	
10.30am			Level 1-Amber		
12.05pm			12.15pm ManGo - Nick	Mixed – Kim	
5.30pm	Mixed – Kim	Mixed – Kim	Mixed – Kim	5.45pm ManGo - Nick	
6.35pm	Mixed – Kim	Mixed – Kim	Total Barre - Alysha	6.45pm Level 1 - Amber	
	7.45pm ManGo - Nick				

Class Type	Description	Instructor	Duration	Max #	Are Bookings Essential?	Costs	Suitable for Beginners
Beginners Course	Slow pace with emphasis on learning the 5 basic principles of Pilates	Amber Filleul 027 3908247	55mins	8	Yes	\$85 for the full 5 week course	Yes
Level 1	Slow to moderate pace building on from Introductory	Amber 027 3908247 Kim 021 041 2469	55mins	8	Yes	\$17 ea \$75 for 5	Yes –only after Intro or Beginner Course
Mixed[^]	Moderate to fast pace offering progressions for different levels	Kim 021 041 2469	55mins	8	Yes	\$17 ea \$75 for 5	No
Total Barre	Dynamic moderate to fast pace workout incorporating Pilates, cardio, dance and strength	Alysha Contact Kim 021 041 2469	55mins	6	Yes	\$17 ea \$75 for 5	Please contact Kim for more details
ManGo (Mens Only)	Moderate pace with an emphasis on stretch and mobility specific to men	Nick 027 2744214	45mins	7	Yes	\$14 ea \$60 for 5	Yes

*Mats are supplied but you are welcome to bring your own. All other equipment is all 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're unable to attend all registered classes a voucher will be issued to be used at later date. A medical certificate may be requested.