

Pilates class timetable

	Mon	Tue	Wed	Thu	Fri
7:30		Jessica	Jessica	Corey	Corey
8:00	Corey 8-9	7:30-8:30	7:30-8:30	7:30-8:30	7:30-8:30
8:30		Corey 8:30-9:30	Jessica 8:30-9:30		Jessica 8:30-9:30
9:00					
9:30					
10:00					
10:30					
11:00	Corey 11-12	Jessica 11-12	Jessica 11-12		
11:30				Corey 11:30-12:30	Jessica 11:30-12:30
12:00	Jessica 12-1				
12:30				Jessica 12:30-1:30	
1:00					
1:30					
2:00	Jessica 2-3		Corey 2-3		
2:30					
3:00					
3:30	Corey 3:30-4:30				
4:00					
4:30		Corey 4:30-5:30	Corey 4:30-5:30	Corey 4:30-5:30	
5:00					
5:30				Jessica 5:30-6:30	
6:00					
6:30					

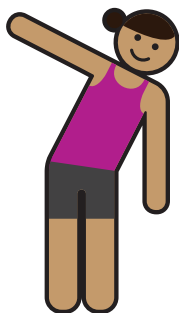
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Booking

Pilates classes can be booked online, over the phone or in person. You can book up to three months in advance at quarterly intervals:

Time period	1 Oct - 31 Dec	1 Jan - 31 March
Book from	1 Sep	1 Dec



What to bring

- Water bottle
- Gym towel or pillowcase
- Grippy socks (available for purchase)
- Your smile!

Please use the wipes to clean off equipment after use.

Cancellation policy

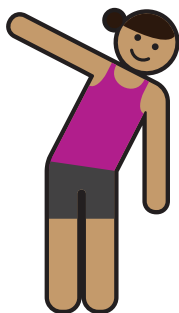
- Individuals who fail to attend or fail to cancel their appointments at least 3 hours prior to class start time will automatically be charged the full class rate of \$33.
- Classes starting at 7:30am, 8:00am and 8:30am need to be cancelled either online or by phone by 4:00pm the previous day, to allow other participants to book in for the following morning classes. If not, you will be charged the failure-to-attend fee of \$33.

These charges are being implemented to help improve and satisfy client demand and allow continuity of exercise participation for all involved.

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