

## PLATINUM WELLNESS

PILATES | PERSONAL TRAINING | MASSAGE

# MAIN STUDIO CLASS SCHEDULE

### MONDAY

- 9.15-10.00am FITNESS YOGA
- 10.00-10.45am AEROBICS & TONE
- 10.45-11.30am PILATES - Over 50's Mixed level
- 11.40-12.25pm PILATES - Over 60's REMEDIAL
- 5.45-6.45pm PILATES – Women Only Int/Mixed
- 6.45-7.45pm PILATES – Mixed Level
- 7.45-8.45pm GPT – BODY CONDITIONING

### TUESDAY

- 10.00-10.45am DANCEFIT
- 10.45-11.00am PILATES - Over 50's Beg/Mixed
- 6.00-7.00pm YOGA - Vinyasa Flow
- 7.00-8.00pm MAMAFIT PREGNANCY YOGA

### WEDNESDAY

- 9.15-10.00am FITNESS PILATES
- 10.00-10.45am RETRO AEROBICS & TONE
- 10.45-11.30am PILATES & STRETCH
- 12.00-12.45pm OVER 60'S YOGA - Private Hire
- 2.00-3.00pm TAI CHI - Private Hire
- 6.00-7.00pm INTRODUCTION TO PILATES
- 7.00-8.00pm PILATES – Mixed / Intermediate

### THURSDAY

- 10.00-10.55am PILATES - Mixed / Intermediate Level
- 11.00-11.45pm MAMAFIT MUM & BABY YOGA/PILATES
- 12.00-12.45pm OVER 60'S CHAIRFIT & YOGA
- 6.00-7.00pm PILATES - Beginners
- 7.00-8.00pm GPT - BODY CONDITIONING
- 8.00-9.00pm PILATES – Mixed Level

### FRIDAY

- 11.00-11.45am YOGA

### MONTHLY CLASSES

- 7.30-8.30pm GONG SOUND BATH

### WORKSHOPS

#### WEIGHT LOSS WORKSHOPS

#### PREGNANCY & LABOUR MASSAGE WORKSHOPS

#### ANTENATAL COURSES

#### YOGA WORKSHOPS

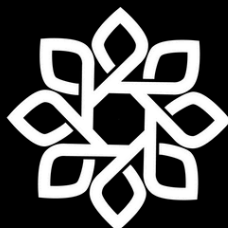
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## REFORMER CLASS SCHEDULE

### MONDAY

2.00-2.45pm LEVEL 1 - Beg/Improver 45

6.45-7.45pm LEVEL 1 - Beg/Improver 60

7.45-8.45pm LEVEL 1 - Beg/Improver 45

### TUESDAY

9.15-10.15am BEGINNERS 45

6.00-6.45pm BEGINNERS 45

6.45-7.45pm LEVEL 1 - Beg/Improver 60

7.45-8.45pm LEVEL 1 - Beg/Improver 60

### WEDNESDAY

8.00-9.00pm LEVEL 1 - Beg/Improver 45

### THURSDAY

9.15-9.45am LEVEL 1 - Beg/Improver 45

12.00-1.00pm LEVEL 1 - Beg/Improver 60

6.00-7.00pm LEVEL 1 - Beg/Improver 60

7.00-8.00pm LEVEL 1 - Beg/Improver 60

8.00-9.00pm BEGINNERS 60

### FRIDAY

9.15-10.15am LEVEL 1 - Beg/Improver 60

### SATURDAY

9.00 -10.00am LEVEL 1 - Beg/Improver 60

10.00-11.00am BEGINNERS 60

**1:1 AND 2:1 SESSIONS AVAILABLE TO BOOK AT  
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