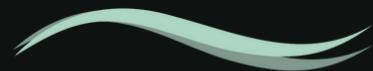


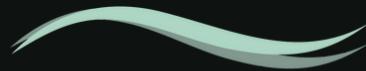
SPIRIT PILATES



LIVE IN STUDIO  
INSTRUCTOR LED  
SESSIONS



SPIRIT PILATES



MONDAY 16<sup>TH</sup> FEB  
\$55 PER WEEK

# 6 WEEKS PIATES CHALLENGE

BEGINNERS WELCOME

3 CLASSES P/ WEEK

+ BONUS CLASSES

WEEKLY CHECK IN'S

BEACH PILATES

FACEBOOK GROUP

TEAM WALKS  
INITIAL ASSESSMENT