

SPIRIT PILATES



LIVE IN STUDIO
INSTRUCTOR LED
SESSIONS



SPIRIT PILATES



MONDAY 16TH FEB
\$55 PER WEEK

6 WEEKS PIATES CHALLENGE

BEGINNERS WELCOME

3 CLASSES P/ WEEK

+ BONUS CLASSES

WEEKLY CHECK IN'S

BEACH PILATES

TEAM WALKS

FACEBOOK GROUP

INITIAL ASSESMENT