

## STUDIO PILATES CLASSES

	MON	TUE	WED	THU	FRI	SAT
6.00 - 7.00am	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)		Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)	8.00 - 9.00am Studio Pilates Trio Class (3:1)
7.00 - 8.00am	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)		Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)	9.00 - 10.00am Studio Pilates Trio Class (3:1)
8.00 - 9.00am	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)		Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)	10.00 - 11.00am Studio Pilates Trio Class (3:1)
9.30 - 10.30am	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)	11.00 - 12.00pm Studio Pilates Trio Class (3:1)
10.30 - 11.30am	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)	12.00 - 1.00pm Studio Pilates Trio Class (3:1)
12.00 - 1.00pm	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)	
1.00 - 2.00pm	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)	
2.00 - 3.00pm	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)				
3.00 - 4.00pm	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)				
4.00 - 5.00pm	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)			
5.30 - 6.30pm	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)				
6.30 - 7.30pm	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)				
7.30 - 8.30pm	Studio Pilates Trio Class (3:1)	Studio Pilates Trio Class (3:1)				

Our Studio Pilates classes are a maximum of three students per class.

All bookings are by appointment only. Please go to the bookings tab on our website at [moveosteopathy.com.au](http://moveosteopathy.com.au).

Please note: New clients are required to attend two essential private introductory Pilates sessions prior to commencing in a trio class. Please contact the studio on 3854 0087 to schedule these appointments and to discuss availability of ongoing group classes. Once your initial appointments are booked you will then have full access to our Studio Pilates Trio classes.

All classes are conducted by our highly qualified and experienced teachers who hold a minimum qualification of Diploma of Pilates, ensuring you receive an authentic, caring, highly effective and enjoyable Pilates experience.

View package deals and prices on our website at [moveosteopathy.com.au](http://moveosteopathy.com.au)