

## DANKS ST STUDIO PILATES TIMETABLE

MON	TUE	WED	THU	FRI	SAT
7:00	7:00	7:00	7:00	7:00	
8:00	8:00	8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00	9:00	9:00
	10:00	10:00	10:00	10:00	10:15
	11:00	11:00			
<hr/>					
4:30		4:30			
5:30	5:30	5:30	5:30		
6:30	6:30	6:30	6:30		
7:30	7:30	7:30	7:30		

**Bookings necessary.** Initial consultation/Private Sessions by appointment

## PILATES MAT/BARRE ATTACK TIMETABLE

MON	TUE	WED	THU	FRI	SAT
		6:30am Pilates Mat		8:00am Barre Attack	8:00am Pilates Mat
10:00am Pre & Post Natal Pilates			10:00am Barre Attack	9:00am Pilates Mat	
10:00am Barre Attack			11:00pm Pre & Post Natal Pilates		9:15am Barre Attack
					10:30am Mat/ Stretch*
6:30pm Barre Attack	5:30pm Barre Attack	5:30pm Barre Attack	6:30pm Pilates Mat		11:30am Barre Attack
6:30pm Mat Beginner	6:30pm Pilates Mat	6:30pm Pilates Mat	6:30pm Mat Beginner		
7:30pm Mat Pilates	7:30pm Stretch	7:30pm Pre & Post Natal Pilates	7:30pm Barre Attack		

Online booking required to secure a spot \*Commences in July 2014

## PRICE LIST

### Studio Pilates

Initial Consultation	\$90
Single Session (max 4 people to a session)	\$45
Starter Pack (Initial Con. + Block of 10) (11 week expiry)	\$450
Block of 10 (11 week expiry)	\$385
Block of 20 (22 week expiry)	\$720

### Private Classes

Single Private Session	\$95
5 Private Classes (5 week expiry)	\$430
10 Private Classes (14 week expiry)	\$810

### Pilates Mat/Barre Attack/Yoga Classes

Casual Class	\$21
Block of 10 (10 week expiry)	\$180
Block of 20 (12 week expiry)	\$340

### Student Prices (must show concession card)

Casual Class (Mat/Yoga only)	\$18
Block of 10 (10 week expiry)	\$155
Block of 20 (12 week expiry)	\$290

This timetable indicates the pilates studio session times effective June 2014

## OXFORD ST STUDIO PILATES TIMETABLE

MON	TUE	WED	THU	FRI	SAT
7:00	7:00		7:00	7:00	
8:00	8:00	8:00	8:00	8:00	8:00
9:00	9:00	9:00	9:00	9:00	9:00
10:00	10:30			10:00	10:00
	11:30		11:30		
4:30	4:30	4:30	4:30		
5:30	5:30	5:30	5:30		
6:30	6:30		6:30		
7:30		7:30	7:30		

**Bookings necessary** Initial consultation/Private Sessions by appointment

## TOTAL REFORMER/MAT PILATES

MON	TUE	WED	THU	FRI	SAT
<b>6:15am</b> Total Reformer			<b>8:00am</b> Total Reformer	<b>6:15am</b> Total Reformer	<b>7:00am</b> Total Reformer
		<b>7:00am</b> Total Reformer	<b>10:30am</b> Total Reformer		<b>11:00am</b> Total Reformer
<b>5:30pm</b> Total Reformer			<b>12:30pm</b> Mat Pilates*		
		<b>6:30pm</b> Mat Pilates			

### Bookings necessary

**fluidform** is an energetic, modern Pilates business situated in 2 fabulous locations.

With our unique programming that allows every client to have a personalised journey specific to their posture and individual needs, you will not find a studio like us anywhere else.

We also offer some great cardio Pilates classes including Total Reformer and Barre Attack!

**TOTAL REFORMER-** Reformer only classes, focussing on high intensity, total body conditioning, a fun and fantastic way to workout. (4 per class, 45 mins)

#### BARRE ATTACK

A dynamic fusion of Pilates, Ballet and Fitness. It's an all body workout using the classic Ballet Barre that attacks those dreaded problem areas — legs, butt, thighs and arms.



like us on facebook!  
fluidform pilates & yoga



follow us on Instagram!  
fluidformpilates