



Download **FREE APP** SEARCH Pilates Studio at STARplex

starplex.com.au



TIMETABLE

PLEASE NOTE: The Pilates timetable may change due to bookings and class numbers. Please use the App for accurate commencement & finish times for classes.

Pilates Studio							From JANUARY 2024	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
6.00am	6.00am	6.00am		6.00am				
7.00am		7.00am	7.00am	7.00am	7.45am			
	8.15am		8.15am		8.15am	8.15am		8.15am
9.15am	9.15am	9.15am	9.15am	9.15am	9.15am	9.15am		9.00am
10.15am	10.15am	10.15am	10.15am	10.15am	10.15am	10.15am		9.45am
			11.00am					
			4.15pm	4.15pm				
		5.00pm		5.00pm				
5.15pm	5.15pm		5.15pm					
		5.45pm		5.45pm				
6.15pm	6.15pm	6.15pm						
	7.15pm	7.15pm						

KEY

Orientation Class

Reformer Class

DESCRIPTIONS

Orientation Class
 At your orientation session (*compulsory for new members*) you will get to know your equipment, become familiar with extra equipment and perform some of the beginner movements. This is your opportunity to get a feel for all of these elements of the machine.

Reformer Class
 Our Reformer Pilates classes focus on muscle toning, all body sculpting while being low impact.
 The **45 minute workouts** are designed to work your whole body in one session while being energising and fun. Delivered by qualified instructors and tailored to all levels so every individual can meet their fitness goals. Every workout is designed with a different theme so you will feel motivated and challenged every time you leave our session.

join now! **6 for \$50***

Includes 1x Orientation Class
Starter Pack
*T&Cs apply.

REFER TO APP FOR LATEST UPDATES

