

This timetable indicates the pilates studio session times effective February 2016

## DANKS ST STUDIO PILATES TIMETABLE

MON	TUE	WED	THU	FRI	SAT
6:00					
7:00	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
10:30	10:00	10:00	10:00	10:00	10:15
11:30	10:30	11:00	11:30		11:15
12:00	11:00		12:00		
	11:30				
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4:30		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/BOXILATES

MON	TUE	WED	THU	FRI	SAT
		<b>6:15am</b> Pilates Mat			<b>7:30am</b> Pilates Mat
		<b>9:15am</b> Boxilates			<b>8:30am</b> Boxilates
			<b>11:00am</b> Pre & Post Natal Pilates		<b>9:30am</b> Barre Attack
<b>11:00am</b> Pre & Post Natal Pilates					
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<b>5:30pm</b> Boxilates	<b>5:30pm</b> Barre Attack				
<b>6:30pm</b> Boxilates	<b>6:30pm</b> Pilates Mat		<b>6:30pm</b> Pilates Mat		
<b>7:30pm</b> Mat Pilates	<b>7:30pm</b> Swis Ball		<b>7:30pm</b> Barre Attack		

Online booking required to secure a spot



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# PRICE LIST

## Studio Pilates

Initial Consultation	\$100
Single Session (max 5 people to a session)	\$48
Starter Pack (Initial Con. + Block of 10) (11 week expiry)	\$450
Block of 10 (12 week expiry)	\$415
Block of 20 (12 week expiry)	\$760

## Private Classes

Single Private Session	\$110
5 Private Classes (8 week expiry)	\$520
10 Private Classes (12 week expiry)	\$1000

## Pilates Mat/Barre Attack/Swiss Ball Classes

Casual Class	\$26
Block of 10 (10 week expiry)	\$220
Block of 20 (12 week expiry)	\$400
6 month UNLIMITED Direct Debit	

(This package is for Mat Pilates, Barre Attack, Swiss Ball Pilates and Boxilates only. A minimum of 6 months must be committed too via Direct Debit, no extensions or holds on this pass) per month \$149

## Pre and Post Natal

Pre and Post Natal 10 Week Package (1 session per week)	\$300
Pre and Post Natal 10 Week Package (2 sessions per week)	\$500

### Bookings necessary

#### Cancellations

Clients must notify us 18 hours prior to their booking if they are unable to attend. Three (3) "late cancellations" and "No Shows" may result in clients losing their permanent bookings.

#### Expiry Period:

Please inform us in writing of absences due to holidays or injury by sending us an email and we will put your package on hold for a period of up to 3 months. Expiry Period of Private Session Packages used in conjunction with Regular Sessions can be negotiated.

**fluidform** is an energetic, modern Pilates business situated in Waterloo

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 Boxilates and Barre Attack!

**BOXILATES-** Boxing + Pilates = BOXILATES! In a 50 minute class you'll combine 2 x 8-10 minute 'rounds' of boxing with 2 x 10 minute mat-based Pilates workouts that each have a specific focus – booty, arms, back, legs, or core. Open to all fitness levels including pre and post natal. "On top of being an incredible stress release it's quality cardio and strengthening combined with the benefits of mat work Pilates, truly a workout like no other"

#### 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.