

ADDITIONAL SEMI-PRIVATE CLASSES IN 2016

beginning this year, a list of new semi-private studio classes is added to the current timetable:

Monday

7.00am, 8.30am, 9.30am, 4.30pm, 7.30pm.

Wednesday

12.30pm, 7.30pm.

Thursday

6.30am, 7.30pm.

Friday

7.00am, 8.00am.

MAT CLASSES

the mat challenge proved to be so popular that we will be running ongoing 6.45-7.30am mat sessions twice weekly. The mat timetable can be viewed on our studio timetable BUT just so you all know, here is it:

Monday

6-7pm and 7-8pm

Tuesday

6.45-7.30am

Thursday

6.45-7.30am

Saturday

9-10am and 10-11am

The mat classes are casual. There is no need to book or cancel. The full hour classes are \$26 per session. You can buy a block or pay individually.

The early morning classes are \$20 or \$95 for 5. You can attend whenever you can make it!

TEENAGE PILATES

Once again we will be offering Pilates for teenagers this year.

Wednesday 4.15-5.00pm for a group mat class
(payment per term. Term 1)

Wednesday 5.15-6.00pm for a small group studio/apparatus session (maximum 4)

Pilates is a fantastic exercise method for improving body awareness and mindfulness, assisting in relaxation and reducing stress, improving posture and strengthening deep core and support muscles. It's ideal for our desk bound teenagers and VCE students.

Contact Helen for more information. 0412 503 771

Watch out for *das Studio Pilates* Instagram and Facebook action soon!!!