



2025 Pilates Class Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		6am - Emma Small Group Reformer Advanced Class Full	
7am - Emma Small Group Mat Class	7am - Emma Small Group Reformer Class Class Full	7am - Emma Small Group Mat Class	7am - Emma Small Group Mat Class
8am - Emma Small Group Mat Class	8am - Emma Small Group Reformer Class Class Full	8am - Emma Small Group Mat Class	8am - Emma Small Group Mat Class
9am - Emma Small Group Mat Class Class Full	9am - Zehra Small Group Reformer Class	9am - Zehra Small Group Reformer Class Class Full	9am - Emma Small Group Mat Class Class Full
10am - Emma Small Group Mat Class Class Full	10am - Zehra Small group Mat Class	10am - Zehra Small Group Reformer Class	10am - Emma Small Group Mat Class Class Full
	4:30pm - Emma Small Group Class	11am Zehra Mat/ Stretch/Yoga Class	
	5:30pm - Emma Small Group Intermediate Class		

New Prices will commence from 27th January 2025.

Pilates Costing	Zehra Reformer Costing max 4
Single class \$28	\$35.00 per class
10 classes \$250	Zehra Yoga/ Mat Costing
20 classes \$440	\$30 per class
Email: info@parkbeachphysio.com.au Phone: 6651 6477	