



**What will I be doing?**

## STUDIO SESSIONS

PRIVATE

STUDIO

A tailored class to target your individual needs, using the full complement of equipment and exercises of the Pilates method including matwork, Reformer, Chair, Cadillac, Barrels, balls, bands, weights and rollers.



**How many in the class?**

Just you!

Up to 4

**How long is the class?**

60mins

**Where can I do it?**

Paddington or CBD studios



## GROUP SESSIONS

REFORMER, TRX OR MAT

A group class giving you a general, all-over workout, using one main piece of equipment (eg. Reformer or TRX) or the mat, with bands, balls, weights and rollers used for new and exciting challenges.



Up to 8

40mins

CBD studio

