

OUR SESSIONS AT A GLANCE



STUDIO SESSIONS

GROUP SESSIONS

PRIVATE

STUDIO

REFORMER, TRX OR MAT

What will I be doing?

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.

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.

How many in the class?

Just you!

Up to 4

Up to 8

How long is the class?

60mins

40mins

Where can I do it?

Paddington or CBD studios

CBD studio

Who is it best for?

Anyone with current pain, a significant or acute injury or who just prefers the intensity and supervision of working one on one.

Almost anyone! Great if you have specific goals or a complex history, but want to come regularly as part of your health routine.

Anyone who is injury free and looking for a well-supervised but general workout in a group.

How do I get started?

Initial Consultation Required

Initial Consultation Optional

\$59 for Initial Consultation (45mins)

\$59 for Initial Consultation OR
\$59 for 4 class intro pass

How do I book my first session?

Via our website or the MINDBODY app. Search for private - initial consultation to make your first booking.

Via our website or the MINDBODY app. Click Group Sessions to see the timetable and click through to book.

Anything else I need to know?

We love it when you email or call us to introduce yourself once you've booked! It helps us to get the most out of your first session, and we can contact your health professional or answer any admin questions before you start.

Group sessions NOT suitable for pregnancy, osteoporosis, pelvic floor conditions, or any current injuries that require modification. All of these can be accommodated in the Studio Sessions.

What do I bring?

Socks

Socks for Mat and Reformer,
Sneakers for TRX

What do I wear?

Comfortable clothes you can move in or workout gear.