

**PERSONALISED PILATES PROGRAMS AND MAT CLASSES TO
CONDITION YOUR BODY FROM HEAD TO TOE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>7am - 12pm Studio Sessions Private and Small Group</p> <p>3pm - 6 pm Studio Sessions Private and Small Group</p> <p>6:15pm - 7:15 pm Mat with small apparatus level 2</p> <p>7:30pm - 8:30pm Mat work level 1</p>	<p>7am - 8am Mat work all levels</p> <p>8am - 11pm Studio Sessions Private and Small Group</p> <p>12:15pm-1pm Mat work all levels</p> <p>3pm to 8pm Studio Sessions Private and Small Group</p>	<p>7am - 12pm Studio Sessions Private and Small Group</p> <p>3pm - 8pm Studio Sessions Private and Small Group</p> <p>6pm - 7pm Mat work Level 1</p>	<p>7am - 12pm Studio Sessions Private and Small Group</p> <p>3pm - 8pm Studio Sessions Private and Small Group</p>	<p>7am - 12pm Studio Sessions Private and Small Group</p> <p>11am - 12pm Pre and Post Natal Pilates mat/ball (5 places only)</p>	<p>7am - 11pm Studio Sessions Private and Small Group</p> <p>11am - 12pm Mat work with small apparatus all levels</p>

- * Spacious and light filled Studio in the heart of Willoughby
- * Specialised state-of-the-art Pilates equipment
- * Qualified, caring and experienced instructors
- * Studio session with maximum 3 participants
- * Mat classes with maximum 8 participants
- * Private tuition and duets
- * Corrective exercise, back care and sports specific programs
- * Pre and postnatal programming available
- * Day & evening sessions
- * Online booking available from 15/04/2010

For enquiries call **02-9882 2516** or
visit our web site pilatesinsightstudio.com

2 ONE ON ONE SESSIONS FOR \$99.00

***VALID UNTIL 30/6/2010**

Timetable subject to change. Please call prior to your visit.

All Studio sessions are strictly by appointment.