

**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>4pm - 8pm Studio Sessions Private and Small Group</p> <p>7pm - 8pm Mat with small apparatus</p>	<p>7am - 12pm Studio Sessions Private and Small Group</p> <p>10am - 11am Mat intermediate level</p> <p>3pm to 8pm Studio Sessions Private and Small Group</p>	<p>7am - 12pm Studio Sessions Private and Small Group</p> <p>3pm - 7pm Studio Sessions Private and Small Group</p> <p>7pm - 8pm Mat All Levels</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>10am - 11am Mums and Bubs Pilates</p> <p>11:15am - 12:15pm Pre Natal Pilates (Ball and Mat)</p>	<p>7am - 12pm Studio Sessions Private and Small Group</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

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

**AFFORDABLE MONTHLY PAYMENTS
NOW AVAILABLE**

Timetable subject to change. Please call prior to your visit.
All Studio sessions are strictly by appointment.