

PILATES

Body & Balance



ZUMBA

Time Table Term 2 - 2011

TERM 3 STARTS JULY 18th

BOOK NOW

Booking is Essential Parking at all locations

TIMES	MONDAY
9:30am - 10:30am	Allambie Public Hall, Cnr Allambie & Owen Stanley Rd - <i>Pilates Beginners Book NOW</i>
11:30am -12:30pm	Body and Balance <i>Studio Pilates Maximum 4 people – Bookings Only</i> Call Jill for your special studio package
6:30pm – 7:30pm	St Kieran’s Church Hall – Cnr of Condamine & King St. – <i>General Pilates Book NOW</i> Car park entry via 2 King Street
7:40pm – 8:40pm	St Kieran’s Church Hall – Cnr of Condamine & King St. – Car park entry via 2 King Street <i>ZUMBA/Pilates Express Book NOW</i>
TIMES	TUESDAY
10:00am - 11:00am	Body and Balance <i>Studio Pilates Maximum 4 people – Bookings Only</i> Call Jill for your special studio package
6:00pm - 7:00pm	North Steyne Surf Club Manly. - <i>Pilates General (mixed levels) Book NOW</i>
7:00pm - 8:00pm	South CurlCurl Surf Club - Carrington Pde, <i>ZUMBA FITNESS Cancelled Book NOW for T3</i>
TIMES	WEDNESDAY
9:30am -10:30am	North Steyne Surf Club Manly – <i>General Pilates Book NOW</i>
1:00pm – 3:00pm	Body and Balance <i>Studio Pilates Maximum 4 people – Bookings Only</i> Call Jill for your special studio package
6:30pm - 7:30pm	32 A Orchard Road, Brookvale <i>ZUMBA/Pilates Express Cancelled Book NOW for T3</i>
TIMES	THURSDAY
9:30am -10:30am	South CurlCurl Surf Club - Carrington Pde. <i>YogaPilates Fusion Book NOW</i>
10:30am - 11:30 am	South CurlCurl Surf Club - Carrington Pde. – <i>Mums, Bubs &Tots Fitness</i> <i>Mother’s Group Booking Essential</i>
6:00pm - 7:00pm	North Steyne Surf Club Manly. – <i>ZUMBA FITNESS Book NOW</i>
7:15pm - 8:15pm	North Steyne Surf Club Manly <i>YogaPilates with ChiBall Book NOW</i>
TIMES	FRIDAY
9:30am - 10:30am	North Steyne Surf Club Manly – <i>ZUMBA with YogaPilates Fusion Book NOW</i>
TIMES	SATURDAY
10:00am - 11:00am	Body and Balance <i>Studio Pilates Maximum 4 people – Bookings Only</i> Call Jill for your special studio package

SCHOOL and After School Care BOOKINGS
Book Now or Enquire about our school programs
Tuesday, Wednesday, Thursday, Friday from 12.00noon

CLASSES WILL COMMENCE SUBJECT TO NUMBERS - CLASSES CAN BE MADE UP IN THE CURRENT TERM ONLY

All classes provide individual attention. If you are a beginner, intermediate or advanced you will be instructed accordingly. Please arrive 10 minutes before your first class, to give yourself time to discuss any specific problems indicated on your enrolment form. You will need to wear comfortable clothing, bring or purchase a mat and a stretch elastic band for Pilates or Yoga (available for purchase at class) and water. Enjoy the class.

Contact Jill : (02) 9949 8421 or 0412 422 868

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