

Timetable as at November 20 2017

Group Sessions

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:15am-12:15pm						Pilates Mat
12:00pm-1:00pm		Ageless Pilates				
6:20pm-7:20pm				Men's Pilates		
7:30pm-8:30pm	Pilates Mat	Pilates Mat				

All group sessions held at Anomaly Dance Studio, Level 1, 310 Rangitikei Street (opposite Rumour Has It Café)

Private equipment sessions are available during the day, Monday to Saturday; an introductory 3 session package is available for \$195, otherwise \$75/session or pre-purchase 5 sessions for \$365 (3 month expiry) or 10 sessions for \$700 (5 month expiry). Sessions are 55 minutes.

Pre and Post Natal Pilates are now only offered as private sessions.

Onsite Pilates sessions (for businesses wanting to offer group sessions to their staff) are available during the day, Tuesday to Friday