

Timetable as at October 1 2016

Group Sessions

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|--------------------|-----------------|------------------------|---------------|--------|------------------------|
| 10:00am-11:00am | | | | | | GROOVALICIOUS dance |
| 11:15am-12:15pm | | | | | | Pilates Mat |
| 12:00pm-1:00pm | | Ageless Pilates | | | | |
| 12:30pm-1:30pm | | | | | | Prenatal Pilates |
| 6:20pm-7:20pm | Pilates Essentials | | | Men's Pilates | | |
| 7:30pm-8:30pm | Pilates Mat | Pilates Mat | GROOVALICIOUS dance | | | |

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.

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

movement for everyBODY