



My Peak Performance
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Pilates Timetable

Tuesday	Wednesday
6pm - 7pm	6:30pm - 7:30pm
7pm - 8pm	7:30pm - 8:30pm

Classes are held at 1st Balcombe Heights Scout Hall, located next to Col Sutton Reserve, Baulkham Hills 2153

Clients are encouraged to purchase a 'Pilates 10 pack'. The pack costs \$160 (\$16 per class), and can be redeemed over a period of 13 weeks. Purchasing a 10 pack guarantees your position in your preferred class.

Casual visits are subject to availability, at a cost of \$22 cash per class.

Please wear loose fitting clothing that is easy to move in and bring a Pilates/ Yoga mat, towel, and drink bottle. Shoes are optional.

Bookings are essential! Please call the clinic on 9620 4948 to purchase a pack or to check casual availability.