



Pilates Timetable

Tuesday	Wednesday	Saturday
6pm - 7pm	7:30pm - 8:30pm	8am - 9am
7pm - 8pm		

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

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.