



## **Pilates Timetable**

*(please note, there are 2 different types of classes)*

<b>Day</b>	<b>Time</b>	<b>Type</b>	<b>Location</b>
<b>Tuesday</b>	5:45 PM - 6:40 PM	Face-To-Face	1st Balcombe Heights Scout Hall
<b>Tuesday</b>	6:45 PM - 7:40 PM	Face-To-Face	1st Balcombe Heights Scout Hall
<b>Wednesday</b>	7 PM - 7:55 PM	Online	Online
<b>Saturday</b>	8 AM - 8:55 AM	Online	Online

Please wear loose-fitting clothing that is easy to move in and bring a Pilates/Yoga mat, towel, and drink bottle. Shoes/socks are optional, Pilates socks are available for purchase from the clinic.

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

### **Location Information**

1st Balcombe Heights Scout Hall is located on Baulkham Hills Road, next to Col Sutton Reserve. It is **NOT** in the Balcombe Heights Estate. Parking is available at the scout hall.