

Mat Pilates

Mat Pilates is a low-impact floor-based exercise program focusing on increasing core stability, control, and overall strength.

Bruce Office

Mondays: 10:15am (Sarah)
2:15pm (Sarah)
3pm (Tash)

Tuesdays: 9:15am (Sarah)
11am (Tash)
2pm (Tash)
4pm (Sarah)

Wednesdays: 11:45am (Sophie)
3pm (Tash)

Fridays: 10am (Sophie)

Cost: \$15 per class
Bookings are essential,
please call to book into
a class

Southside: Wednesday 10am

Dales Ballroom Dancing (Home Studio)
94 Longmore Cres, Wanniasa 2903
Do Not Park In Driveway.

Pilates Introduction Class

Mat Pilates is a low-impact floor-based exercise program focusing on increasing core stability, control, and overall strength.

We encourage all our participants interested in joining our Mat Pilates class to complete our 30-minute Introduction class to learn the principles of Pilates before joining our group session.

Cost: \$20

What to Bring: Mat, Towel & Water Bottle

Please contact us to book an appointment.