

pilates reformer timetable

NOW AT
BALANCE
NEW LAMBTON

monday 04 december 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.40 – 6.25am	Pilates Intermediate	Pilates Advanced	Pilates Intermediate	Pilates Beginner	Pilates Intermediate		
6.30 – 7.15am	Pilates Beginner	Pilates Intermediate	Intermediate HIIT	Jump	Pilates Beginner		
7.45 – 8.30am						Pilates Beginner	
8 – 8.45am	Pilates Intermediate	Pilates Beginner	Jump	Intermediate HIIT	Pilates Advanced		
8.45 – 9.30am						Pilates Intermediate	
10 – 10.45am	Pilates Beginner	Pilates Intermediate	Pilates Advanced	Jump	Pilates Beginner	Pilates Advanced	
12 – 12.45pm	Pilates Intermediate		Jump		Pilates Beginner		
4.45 – 5.30pm	Pilates Beginner	Jump	Advanced HIIT	Pilates Advanced			
5.45 – 6.30pm	Pilates Advanced	Pilates Intermediate	Pilates Beginner	Pilates Intermediate	Pilates Beginner		

The B.CO app is here

Book & cancel classes at your fingertips



Class bookings can be made via the B.Co App. Please know you must have a Reformer Pilates add-on to access these class types.

balancecollective.com.au

4903 6202



*All classes are subject to change. BAL0678_1223