

Prescriptive Fitness
4/12 Station Street
Cottlesloe

Pilates Yoga and Meditation



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 – 8:45 am	Studio Sessions (by Appointment Only)	Studio Sessions (by Appointment Only)	Studio Sessions (by Appointment Only)	Studio Sessions (by Appointment Only)	Studio Sessions (by Appointment Only)	
8:45 – 10:00 am	YOGALATES FLOW (Maizan)		REFORMER CHALLENGE (Maizan)	REFORMER CHALLENGE (Maizan)	YOGA –HATHA-VINYASA-IYENGAR (Sheldon)	
10:00 – 11:00 am	Studio Sessions (by Appointment Only)		Studio Sessions (by Appointment Only)	Studio Sessions (by Appointment Only)	Studio Sessions (by Appointment Only)	
11:00 – 12:15 pm	Studio Sessions (by Appointment Only)	Studio Sessions (by Appointment Only)	YOGA –HATHA-VINYASA-IYENGAR (Sheldon)	Studio Sessions (by Appointment Only)	Studio Sessions (by Appointment Only)	
12:15 – 4:00 pm	Private Sessions (by Appointment Only)		Private Sessions (by Appointment Only)		CAPOEIRA/BOXING Alan Figuero	
4:30 pm – 6:00 pm		YIN YOGA (Sheldon)				MEDITATION (Shane/Maizan)
6:15pm – 7:15 pm		YOGALATES CHALLENGE (Maizan)				

For All bookings please call MAIZAN at 0416816650 or email at maizanahern@yahoo.com