

GROUP LESSON TIME TABLE

STUDIO: WEST RYDE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00						4:1 GROUP [ENG]
10:00	4:1 GROUP [KOREAN]	4:1 GROUP [MAN]	4:1 GROUP [ENG]	4:1 GROUP [MAN]	4:1 GROUP [KOREAN]	4:1 GROUP [ENG]
11:00	4:1 GROUP [ENG]		4:1 GROUP [MAN]	4:1 GROUP [ENG]	4:1 GROUP [ENG]	
12:00						
1:00						
2:00						
3:00						
4:00						
5:00						
6:00				4:1 GROUP [KOREAN]		
7:00		4:1 GROUP [ENG]	4:1 GROUP [ENG]	4:1 GROUP [ENG]		
8:00						

Lesson Type	REFORMER GROUP : REFER TO THE TIMETABLE 1:1 PRIVATE / 2:1 DUET / 3:1 SEMI PRIVATE : CONTACT OUR STUDIO
	SERVICE TYPE: ENG / MANDARIN / CANTONESE / KOREAN DURATION OF LESSON : 50 MINS LEVE: BASIC [BEGINNER], PROGRESSIVE, INTERMEDIATE
Online Bookings	Visit: WELLNESSPILATESYDNEY.COM > Booking > Click “Westryde” Need assistance for booking? 0451 988 619 (KOR/ ENG) 0451 051 882 (MANDARIN)
Opening Hours	Mon to Fri 9am to 9pm Sat 8am to 3pm Public Holidays : Closed