

# EASTWOOD GROUP CLASS SCHEDULE

TIME	MON	TUES	WED	THU	FRI	SAT	SUN
8:00 AM							
9:00 AM						6:1 KOR Progressive	
10:00 AM	6:1 KOR Pro-Inter	6:1 KOR Progressive	6:1 ENG Progressive	6:1 KOR Progressive	6:1 KOR Progressive	6:1 ENG Progressive	6:1 ENG Progressive
11:00 AM	6:1 KOR Progressive	6:1 KOR Pro-Inter	6:1 KOR Pro-Inter	6:1 KOR Pro-Inter	6:1 KOR Pro-Inter	6:1 ENG Progressive	6:1 ENG Progressive
12:00 AM	6:1 ENG Progressive	6:1 MAN 3:1 KOR	6:1 ENG Progressive	6:1 ENG Progressive	6:1 MAN Progressive	3:1 KOR	
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM	3:1 Teens	3:1 KOR		3:1 KOR	3:1 Teens		
6:00 PM	6:1 ENG Progressive	6:1 KOR Progressive	6:1 KOR Progressive	6:1 ENG Progressive	6:1 ENG Progressive		
7:00 PM	6:1 MAN 3:1 KOR	6:1 KOR Pro-Inter	6:1 KOR Pro-Inter	6:1 KOR Pro-Inter	6:1 ENG Progressive		
8:00 PM	6:1 ENG Progressive	6:1 ENG Progressive		6:1 KOR Pro-Inter			
9:00 PM							

Lesson Type	6:1 : Reformer Group [Refer to the timetable] 2:1 Duet [9am-9pm]	3:1 <u>Semi Private</u> [Refer to the timetable] 1:1 <u>Private</u> [9am-9pm]
Private Lesson	Service Type: ENG / MANDARIN /CANTONESE /KOREAN Level : Basic [Beginner] , Progressive, Intermediate      Duration of Lesson : 50 mins	
Online bookings	1:1, 2:1, 3:1 Private lesson available from 9am to 9pm (Monday-Friday) AND 8am to 2pm (Sat/Sunday)	
Opening Hours	Visit <a href="http://WELLNESSPILATESYDNEY.COM">WELLNESSPILATESYDNEY.COM</a> > Home > Click "Eastwood"	
	Monday –Friday : 9am-9pm    Saturday : 8am -9pm ,    Sunday : 9am-3pm    Public Holidays : Closed Contact : 0415 878 773	



WELLNESS  
PILATES