

GROUP LESSON TIME TABLE

STUDIO: WEST RYDE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00						4:1 GROUP [ENG]	
9:00	4:1 GROUP [ENG]			4:1 GROUP [ENG]		4:1 GROUP [KOREAN]	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]	4:1 GROUP [KOREAN]
11:00	4:1 GROUP [ENG]	4:1 GROUP [KOREAN]	4:1 GROUP [ENG]	4:1 GROUP [ENG]	4:1 GROUP [ENG]	4:1 GROUP [KOREAN]	
12:00							
1:50				4:1 GROUP [KOREAN]			
5:30						4:1 GROUP [KOREAN]	
6:00	4:1 GROUP [ENG]	4:1 GROUP [KOREAN]	4:1 GROUP [KOREAN]	4:1 GROUP [ENG]			
7:00	4:1 GROUP [ENG]	4:1 GROUP [ENG]	4:1 GROUP [ENG]	4:1 GROUP [KOREAN]			
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? 0449 888 313 (KOR/ ENG)
Opening Hours	Mon to Fri 9am to 9pm Sat 8am to 6pm Sun 9am to 12pm Public Holidays : Closed