

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 | | | | | | |

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| 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: WELLNESSPILATESSYDNEY.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 |