



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Melinda 8.00am Studio (W/L)		Melinda 6.00am Studio(W/L)	Melinda 7.30am Private	Melinda 7.30am Studio	Nicole/Mel 8.00am Matwork	
Melinda 9.30am Matwork	Nicole 9.00am Studio	Melinda 7.30am Studio	Melinda 9.00am Studio	Melinda 9.00am Studio	Nicole/Mel 9.30am Studio	
Melinda 11.00am Studio	Nicole 10.30am Studio	Melinda 9.00am Studio	Melinda 10.30am Studio	Melinda 10.30am Studio	Nicole/Mel 11.00am Studio	
		Melinda 10.30am Studio		Melinda 12.00pm Private	Nicole/Mel 12.30am Studio (W/L)	
Melinda 4:30pm Studio	Nicole 4.30pm Studio	Nicole 4.30pm Studio	Melinda 4.30pm Studio	TEACHER TRAINING		
Melinda 6.00pm Studio	Nicole 6.30pm Intermediate Matwork	Nicole 6.00pm Studio	Melinda 6.00pm Studio	TEACHER TRAINING	Nicole & Melinda Alternate Saturday's	W/L = Wait (Listed Class (2 Participant to Start)

17-19 Oak Ave Miami QLD 4220 . P 07 5575 1332 . M 0416 048 750



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Melinda 9.30am Matwork	Nicole 9.00am Studio	Melinda 7:30am Studio	Melinda 9.00am Studio	Melinda 9.00am Studio	Nicole/Mel 9.30am Studio	
Melinda 11.00am Studio	Nicole 10.30am Studio	Melinda 9.00am Studio	Melinda 10.30am Studio	Melinda 10.30am Studio	Nicole/Mel 11.00am Studio	
		Melinda 10.30am Studio		Melinda 12.00pm Private	Nicole/Mel 12.30am Studio(W/L)	
Melinda 4.30pm Studio	Nicole 4.30pm Studio	Nicole 4.30pm Studio	Melinda 4.30pm Studio	TEACHER TRAINING		
Melinda 6.00pm Studio	Nicole 6.30pm Intermediate Matwork	Nicole 6.00pm Studio	Melinda 6.00pm Studio	TEACHER TRAINING	Nicole & Melinda Alternate Saturday's	W/L = Wait Listed Class (2 Participant To Start)

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1:1 INITIAL CONSULTATION 1.5 hours

Single Session **\$60.00**

An essential one on one session for all new clients to establish the body's history, any injuries or pathologies, analyse movement patterns, and begin teaching the foundations of the Pilates method.

1:1 PRIVATE SESSIONS 1.5 hours

Single Session **\$70.00**

Ideal for people who enjoy one on one supervision or those with acute injuries who need personalised rehabilitation.

1:4 SEMI-PRIVATE SESSIONS 1.5 hours

Single Session **\$ 35.00** 10 Sessions **\$280.00**

5 Sessions **\$160.00** 20 Sessions **\$520.00**

A maximum of four participants with one teacher. Each individual is taught at their own competency level on a customised basis. Ideal for clients with chronic injuries or on-going pathologies as well as those that want their own personalised regime.

1:8 MATWORK CLASSES 1.15 hours

Single Class **\$ 18.00** 10 Classes **\$150.00**

A maximum of twelve participants with one teacher. A general strength, flexibility, and stability class for clients who are injury free.

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