



Floor Class Schedule

As of JANUARY 2009

Conveniently located in Mt Hawthorn (cr Oxford Street at Scarborough Beach Road), Revolution Pilates Studio is modern, light filled, spacious & comfortable. Hurry - courses are filling quickly. Call **9443 1403** to enroll.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Open BOOTYCAMPI 6-7am			Open DYN CORE Pilates Circuit 6-7am	Open BOOTYCAMPI 8-9am
Open PILATES 9.30-10.30					Open PILATES 9.30-10.30
			Open GYROKINESIS® 10 11am		Open PILATES 10.30-11.30
					Beginner PILATES 6-wk Course 11.30-12.30
Open GYROKINESIS® 6-7pm		Open GYROKINESIS® 6-7pm			
Beginner PILATES 6-wk Course 7-8pm	Open PILATES 6.30-7.30	Open PILATES 7-8pm	Open PILATES 6.30-7.30		

6-week Pilates Beginner Courses start every few months.
Contact the studio to confirm the next commencement date.

Beginner Pilates For those with no background in Pilates or restarting after a break.
6-week courses, 1 class / week for \$95. Pre-bookings are required.

Open Classes Open Pilates & DYNAMIC CORE® for those with basic understanding of principles & techniques. Open Pilates classes require prior experience (Revolution's Beginner Course equivalent). GYROKINESIS® classes require no prior experience.
\$17 casual or 10 visits for \$140

BOOTYCAMPI®: For those interested in improving cardiovascular fitness & strength with a basic understanding of Pilates principles. Not recommended for persons at significant risk, such as Pregnancy, severe back or knee pathologies.