

# HEILEN

## CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MAT PILATES- FLOW 6.15AM		MAT PILATES- FLOW 6.15AM			MAT PILATES- FLOW 6.15AM	
	MAT PILATES- RECOVER 8.15AM	MAT PILATES- FLOW 9.15AM	STUDIO PILATES- CIRCUIT 8.15AM	MAT PILATES- RECOVER 8.15AM	STUDIO PILATES- CIRCUIT 8.15AM	
	MAT PILATES- OPEN 10.15AM		MAT PILATES- RECOVER 10.15AM	MAT PILATES- OPEN 11.15AM	MAT PILATES- RECOVER 11.15AM	
STUDIO PILATES- CIRCUIT 1.15PM		MAT PILATES- FLOW 1.15PM				
MAT PILATES- OPEN 4.15PM	STUDIO PILATES- CIRCUIT 5.15PM		MAT PILATES- OPEN 5.15PM	MAT PILATES- FLOW 4.15PM		
MAT PILATES- RECOVER 6.15PM	MAT PILATES- FLOW 7.15PM	STUDIO PILATES- CIRCUIT 6.15PM	MAT PILATES- FLOW 7.15PM			

Private & Semi-Private Pilates by appointment only. Book via Momence, Classpass, or visit [www.heilenwellness.com.au](http://www.heilenwellness.com.au)