



156 Karori Road, Karori

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Type of Class	level
Private Reformer session available	

	monday	tuesday	wednesday	thursday	friday	saturday
09.30am					2 Classes: • tower • intermediate mat reformer	2 Classes: • intro/beg 2 • beg 2/ intermediate
10.00am	intermediate	tower	tower	advanced		
10.30am	beginner 2	intro		2 Classes: • tower • beginner 2	seniors	beginner 2
11.00am						
11.30am					teacher training	studio closed
12.00pm	seniors					
12.30pm						
1.00pm	tower				beginner 2	
1.30pm		tower		Intro		
2.00pm						
2.30-5.40pm	studio closed					
5.40-6.30	studio closed	Intro/ beginner 2	studio closed	intro	studio closed	
6.30pm	intermediate	beginner 2	beginner 2	Intro/beginner 2	studio closed	studio closed
7.00pm						
7.30pm	advanced	intermediate/ tower	men's	beginner 2 / intermediate		
8.00pm						
8.30pm						

Timetable/ Bookings Term and Conditions:

1. All Concession Cards Expire within 3 months of purchase.
2. Cancellations within 24 hours of an Apparatus session (Reformer or Tower) will incur a session fee (note: does not apply to Mat Classes).
3. All Reformer and Tower classes need to be Pre-Booked as spaces are limited. Booking forms held at Reception in Studio.
4. For 'Private', 'early morning', 'Corporate', or 'Mums and Bubs' classes, talk to us or enquire at bookings@dynamicpilates.co.nz