

GROUP LESSON TIME TABLE

STUDIO: CASTLE HILL (01-24TH DEC)

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 8:00 | | | KOR | | | | ENG (BASIC) |
| 9:00 | KOR (BASIC) | ENG | ENG | ENG (Basic) | | ENG (BASIC) | ENG |
| 10:00 | ENG | KOR | KOR | ENG | ENG | ENG | ENG |
| 11:00 | KOR | ENG (BASIC) | ENG | MAN | ENG | KOR | ENG |
| 12:00 | | | | | ENG | | |
| 1:00 | | | | | | | |
| 5:00 | ENG | ENG | KOR (BASIC) | | | | |
| 6:00 | ENG | ENG (BASIC) | ENG | ENG (BASIC) | ENG (BASIC) | | |
| 7:00 | KOR | ENG | ENG | MAN | ENG | | |
| 8:00 | ENG | ENG | ENG | ENG | ENG | | |

Lesson Type

5:1 REFORMER GROUP REFER TO THE TIMETABLE
1:1 PRIVATE / 2:1 DUET / 3:1 SEMI PRIVATE 9AM-9PM MON TO FRI & 9AM -3PM ON SAT

SERVICE TYPE: ENG / MANDARIN / CANTONESE / KOREAN
DURATION OF LESSON : 50 MINS
LEVE: BASIC [BEGINNER], PROGRESSIVE, INTERMEDIATE

Online Bookings

Visit: WELLNESSPILATESYDNEY.COM > Home > Click "Castle Hill"
 Need assistance for booking? 0426 987 885

Opening Hours

Mon to Fri 9am to 9pm
 Sat 9am to 2pm Sun 8am to 12pm
 Public Holidays : Closed (25th Dec - 12th Jan are closed)