

body maintenance studio

energise your life

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Main Studio	Reformer Studio	Main Studio	Reformer Studio	Main Studio	Reformer Studio	Main Studio	Reformer Studio	Main Studio	Reformer Studio	Main Studio	Reformer Studio	Main Studio	Reformer Studio
	6:00-7:00am Reformer ④ 7:00-8:00am Reformer ②	6:00-7:00am Mat Pilates ②		6:00-7:15am Power Vinyasa 7:00-8:00am Yoga ②	6:00-7:00am Reformer ④ 7:00-8:00am Reformer ②		6:00-7:00am Reformer ② 7:00-8:00am Reformer ②		6:00-7:00am Reformer ③ 7:00-8:00am Reformer ②				
9:30-10:30am Mat Pilates ②		9:30-10:30am Stretch ②		9:30-10:30am Mat Pilates ②		9:30-10:30am Mat Pilates ③		9:30-10:30am Mat Pilates ②		8:00-9:00am Mat Pilates ② 9:00-10:00am Pregnancy ②	8:00-9:00am Reformer ② 9:00-10:00am Reformer ② 10:00-11:00am Reformer ④	9:00-10:30am Power Vinyasa 10:00-11:00am Yoga ⑥	
	10:30-11:30am Reformer ②				10:30-11:30am Reformer ③		10:30-11:30am Reformer ②		10:30-11:30am Reformer ②	10:30-12:00pm Hatha Yoga ②			
		11:30-12:30pm Mum + Bub ②									4:00-5:00pm Reformer ③		
6:00-7:30pm Hatha Yoga ②	6:30-7:30pm Reformer ②	6:30-7:30pm Mat Pilates ③		6:00-7:30pm Hatha Yoga ⑥	6:30-7:30pm Reformer ② 7:30-8:30pm Reformer ③	6:30-7:30pm Mat Pilates ②	5:30-6:30pm Reformer ②						
7:30-8:30pm Mat Pilates ②	7:30-8:30pm Reformer ③		7:30-8:30pm Reformer ②										
Reformer Pilates Take your body to a new level with the ultimate pilates machine workout. Small classes of up to 9 students, you'll be empowered by the results.	Mat Pilates Using the principles of pilates you'll become stronger and more flexible. An invigorating workout; you'll be hooked.		Hatha Yoga Experience a dynamic approach to the practice of hatha yoga with an emphasis on alignment and breath. You'll leave feeling grounded and re-energised.		Power Vinyasa Yoga The name says it all. This class will create a high level of energy and vitality whilst promoting mental stability.		Stretch Balance your inner body and your outer life with this gentle stretch class. Perfect introduction to yoga. Promotes flexibility and strength.	Pregnancy Yoga Bringing your baby into the world is an incredible experience. Learn active birthing techniques and much more. Dads-to-be also welcome.		Mum + Bub Yoga Connect with your baby and other new mums in a nurturing environment. This class is a must for the post-natal body. 6-weeks to crawling.			



classes

At body maintenance studio, experience dynamic yoga, pilates and dance classes to energise your life. We offer four class types to fit different experience levels.

① discover

Discover classes are a great way to learn all about pilates or yoga. Classes are designed to give you time and support to understand technique and principals.

② open

Open classes have it all and can be 60 or 90 minutes. Each week you'll focus on a different area. Great workout for all levels.

③ explore

Explore classes are suitable for those with 3+ months experience and no injuries. Get ready to pick up the pace.

④ experience

Experience classes take your pilates & yoga to a new level. Classes are 60 minutes and are by invitation only to members & guests. Get ready to sweat!

packages

body-intro – \$95

- 30-days unlimited classes
- One time special offer
- New students only

body-start – \$295/\$315

- \$295 mat pilates + yoga / \$315 reformer pilates
- 2 private sessions
- 5 class pass

body-power – \$220

- 5 mat pilates classes
- 3 reformer pilates classes
- 2 yoga classes

discover-pilates – \$85

This informative 3-hour workshop is a great introduction to pilates or technique refresher. First Saturday of each month. Bookings essential.

discover-yoga – \$220

During this 10-week hatha yoga course Marie will guide you through this powerful learning experience where you'll discover what your body can do.

discover-detox – \$395

Held twice a year, you'll be re-energised with our 10-day detox program.

memberships

Become a member of our energetic community and you can practice all the yoga and pilates you can handle.

Each membership option has been designed to make the practice of yoga and pilates affordable and attendance and bookings easier. Memberships can be made for a 6 or 12 month period.

As a member you'll also receive:

- Member only classes
- 10% off all courses and workshops
- Regular e-newsletters & specials
- Online bookings

body-strength

Unlimited weekly classes that will keep you fit, strong and centered. The pilates and yoga ultimate!

body-balance

Choose from any three classes a week. Perfect weekly workout commitment.

body-breathe

Choose from any two classes a week. A great way to keep workouts on track.