

VIVA

PILATES • WELLNESS • BEAUTY

PILATES SCHEDULE

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
7.00am		Tone & Lengthen		Sweat & Burn	Tone & Lengthen		
7.30am						Intro	
8.00am						Tone & Lengthen	
8.30am		Intro		Intro	Intro		
9.00am		Sweat & Burn		Tone & Lengthen	Sweat & Burn	Sweat & Burn	Tone & Lengthen
10.00am							
10.30am		Intro		Intro	Intro		
11.00am		Tone & Lengthen		Sweat & Burn	Tone & Lengthen	Tone & Lengthen	Sweat & Burn
11.30am	Intro		Intro				
12.00pm	Tone & Lengthen		Sweat & Burn				
1.00pm	Sweat & Burn	Sweat & Burn	Tone & Lengthen	Tone & Lengthen	Sweat & Burn		
6.00pm	Pre Natal		Post Natal				
7.00pm	Tone & Lengthen		Sweat & Burn				
8.00pm	Sweat & Burn		Tone & Lengthen				

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PILATES PACKAGES

VIVA FIRST TIMER PROMO

Valid for first time clients only

Five Group Classes - \$250

PRIVATE PILATES REFORMER PACKAGES

One Session - Instructor \$150 / Senior Instructor \$170

Ten Sessions - Instructor \$1,300 / Senior Instructor \$1,500
(3 Months Validity)

DUET PILATES REFORMER PACKAGES

Price For Both

One Session - Instructor \$200 / Senior Instructor \$220

Ten Sessions - Instructor \$1800 / Senior Instructor \$2000
(3 Months Validity)

GROUP CLASS PILATES REFORMER PACKAGES

One Group Class - \$60

Ten Group Classes - \$550
(3 Months Validity)

Ten Group Classes Promotion - \$450
(1 Purchase Only Per Client)