

Frequently Asked Questions

How much do the classes cost?

Reformer Classes - \$45 per class

Where are the classes held?

We have a purpose built studio area, which is where all our classes are run. An open, comfortable space, we are very excited to be utilizing this space located at, **103-105 Old Perth Road, Bassendean.**

How can I book a class or make an appointment?

Pilates classes can be booked quite flexibly. As long as a space is available you are free to book into whichever time slot works best for you. Please speak to one of our friendly staff to book a class or an appointment.

How long do classes run for?

Our Pilates classes run for 60 minutes.

What should I bring?

As you will be exercising and working up a sweat, it is a good idea to bring a water bottle and a towel with you!

What should I wear?

During the Pilates class you will be stretching and moving around so we recommend that you wear something comfortable that will allow you to move freely. Don't worry about footwear, classes are generally done barefoot.

