



Weekly Timetable.

FROM 12th MAY.

40 Donnellys Rd, Ridgewood 4563.
Pilates + Strength + Barre fusion.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am	COR Strength	COR Strength	COR Strength		COR Strength		
7.30am		COR Pilates	COR Adv. Pilates		COR Strength		Park Edition. 7am, Noosa Woods
8.30am							
9.30am		COR Pilates	COR Flow		COR Pilates		
10.30am						COR Flow	
11.30am	COR Strength	COR Flow	COR Livestream: Strength	COR Livestream: Barre	COR Strength		
1.15pm	COR Pilates	COR Livestream: Barre	COR Strength	COR Strength			
4.00pm	COR Livestream: Barre		COR Livestream: Barre	COR Livestream: Strength			
5.30pm	COR Strength			COR Pilates			

COR Strength: Pilates x Strength. 45 mins.
COR Pilates: Pilates. 50 mins.
COR Flow: Stretch x Mobility. 45 mins.
Private Training + Duo Sessions available.

Book via www.cormovement.com , or via MindBody.
Drop-ins welcome.

Instagram: [cor_movement](https://www.instagram.com/cor_movement)
Facebook: [COR Movement](https://www.facebook.com/COR.Movement)