



Cooloola Coast

Pilates & Personal

TRAINING



Facebook.com/cooloolacoastpilates



Instagram: cooloolacoastpilates

www.cooloolacoastpilates.com

To book call/text

0432 690 194

Bookings are essential for all classes. We have limited spaces on all sessions and these will be enforced.

Please phone/text

0432 690 194

Email:

cooloolacoastpilates

@gmail.com

Monday	Tuesday	Wednesday	Thursday	Friday
Rainbow Beach	Tuncunba Hall, Tin Can Bay	Closed	Rainbow Shores Studio	Closed
9am Pilates Mat Class Sands Resort, Rainbow Beach. \$15 Places available	9am Cardio + Toning Class \$10 Places available			
Rainbow Shores Studio	9.45am Pilates Class \$12 Places available			
11am Clinical/Rehab Exercise Group \$20 Places available	10.45am Clinical Exercise Small Group			
12noon Personal Training	12noon—2pm Personal Training		4pm Express Pilates/Fitness Group \$20 Places available	
			4.45pm Pilates/Fitness Group	

Venues:

Tuncunba Hall

20 Gympie Rd

Tin Can Bay

Rainbow Shores

Studio

Address provided on
booking

**Sands Resort
Conference
Room**

**Rainbow Beach Rd,
Rainbow Beach**