



Audley Club at Nightingale Place Class Times

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am			Pilates Studio 1				
11:00am		Strength Training Studio 1		Seated Pilates Garden	Silver Barre Studio 1		
1:00pm			Walking the Stairs				
3:00pm	Mobility Studio 1	Pilates ZOOM	Circuit Training Gym	Aqua Pool			
5:00pm							

Advance booking required and subject to availability.

Training Program – We offer as much or as little support as you need. All owners and members will receive an induction session on first visit which includes expert fitness advice.

Personal Training – It is so much easier with a Personal Trainer. Imagine having your own expert to motivate you, monitor your progress and ensure you are focusing on the right exercises. A Personal Trainer will not just help your fitness, they will help you reach your goals so much faster and have fun while you are at it.

(Additional charges will apply)