



Twilight Dreams

grace · balance · strength

PRICES

General level, 60-90 mins classes in Pilates & Yoga

\$23 casual

\$55 introductory card choice of 3 classes

\$110 x 5 classes (3 months expiry)

\$200 x 10 classes (5 months expiry)

\$350 x 20 classes (8 months expiry)

45 mins Private Pilates and Yoga classes: \$ 85

SENIORS 45 mins Classes in TAI CHI, PILATES , YOGA

\$12 casual

\$55 card of 5 classes

Therapeutic MASSAGE

Half Hour \$60 / Full Hour \$95

FRENCH Tuition

\$10 in a 1 hour group session/ \$ 40 for 45 mins private session