

Wednesday  
6 - 6.45

# Candlelight Pilates



**INTENSITY: 3 - 7**



For a real mind body connection, a stunning cosmic light show & superb music to create calm; come to stretch, tone, relax and reflect on ourselves for once. This is a gorgeous session where we can indulge in a little 'me time' and come away feeling longer, leaner, and refreshed