



iso-lates - pilates class

It's easy to forget about self-care during a pandemic. Join us from your own home via Zoom for a pilates class!

iso-lates is an opportunity to get connected and get active. Pilates is low impact body conditioning which is great because anyone can do it!

**Monday 21 September 2020
4:00pm**

to register email
caity.cox@headspaceknox.com.au or give us a call
on 9801 6088