

EQUIPMENT CLASSES

PHYSIOTHERAPY EXERCISE PROGRAM (PEP) with Physiotherapist

STUDIOPILATES (SP) with Pilates Instructor

Intro package (55 mins/session) (initial assessment + 2 private sessions)	\$385		Valid for 4 weeks
PEP Individual session (55 mins)			
Single session	\$142		Valid for 2 months
Pack of 5	\$635		Valid for 4 months
Pack of 10	\$1220		
Group session (55mins)	PEP	SP	
Casual class	\$60	\$45	Valid for 2 months
Pack of 5	\$255	\$210	Valid for 4 months
Pack of 10*	\$495	\$375	Valid for 4 months
Pack of 20*	\$905	\$700	Valid for 4 months

* includes voucher for 50% off 30 min Physio/massage session

TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	SP		SP			
7am			SP		SP	
8am	PEP	PEP	PEP & SP	PEP	PEP & SP	PEP
9am	PEP & SP	PEP	PEP & SP	PEP	PEP & SP	PEP
10am	PEP	PEP	PEP	PEP	PEP & SP	PEP
11am	PEP	PEP	PEP		PEP	PEP
3:45pm	PEP	PEP				
4:45pm	PEP	PEP	PEP	PEP		
5:45pm	PEP	PEP	PEP	PEP		
6:45pm		PEP	PEP	PEP		

* Timetable and bookings also available through the MindBody App

MATPILATES, MAT ONLINE & BARRE

With Pilates Instructor

Mat/Barre intro package (55 mins/session)
(initial assessment + 1 private session)

\$263

Valid for 3 weeks

Mat/Barre session (55 mins)

1 class per week

\$28 per class

2 classes per week

\$25 per class

3 classes per week

\$22 per class

Private session

\$100 per class

Seniors class – over 65's (55 mins)

1 class per week

\$27.50

MATPILATES TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	Mat online		Mat online		Mat online	
7am	Mat online					
8am	Mat online		Mat online	Mat online	Mat online	
8:30am						Mat in Studio
9am				Mat online		
9:30am		Mat in Studio				Barre in Studio
10am	Mat online				Mat online	
10:15am	Seniors in Studio					
10:30am		Barre in Studio				
11am	New Mums online					
11:15am					Seniors in Studio	
5pm				Mat online		
6pm	Mat online	Mat in Studio				
7pm	Mat online					

* Timetable and bookings also available through the MindBody App

