

EQUIPMENT CLASSES

PHYSIOTHERAPY EXERCISE PROGRAM (PEP) with Physiotherapist

STUDIOPIILATES (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		
Pack of 5	\$635		Valid for 2 months
Pack of 10	\$1220		Valid for 4 months
Group session (55mins)			
	PEP	SP	
Casual class	\$60	\$45	
Pack of 5	\$255	\$210	Valid for 2 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		SP	
7:30pm		SP				
8am	PEP & SP	PEP	PEP & SP	PEP	PEP & SP	PEP
8:30pm		SP				
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				
4:00pm	SP					
4:45pm	PEP	PEP	PEP	PEP		
5:00pm	SP					
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)

Casual class

\$35 per class

1 class per week – 4 week pack

\$112 (\$28 per class)

2 classes per week – 4 week pack

\$200 (\$25 per class)

3 classes per week – 4 week pack

\$264 (\$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						
8am			Mat online	Mat online		
8:30am						Mat in Studio
9am				Mat online		
9:30am		Mat in Studio				Barre in Studio
10am					Mat online	
10:15am	Seniors in Studio					
10:30am		Barre in Studio		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