

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)	Physio	Senior physio	
Single session	\$142	\$165	
Pack of 5	\$635	\$740	Valid for 2 months
Pack of 10*	\$1220	\$1420	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

* includes bonus reward 20% off physio or massage consult

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
9:30am						SP
10am	PEP	PEP	PEP	PEP	PEP & SP	PEP
10:30am						SP
11am	PEP	PEP	PEP	PEP	PEP	PEP
11:30am						SP
3pm		SP				
3:45pm	PEP	PEP				
4pm	SP	SP		SP		
4:45pm	PEP	PEP	PEP	PEP		
5pm	SP	SP		SP		
5:45pm	PEP	PEP	PEP	PEP		
6pm				SP		
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	
8am			Mat online	Mat online		
8:30am						Mat in Studio
9am				Mat online		
9:30am		Mat in Studio				
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 in Studio	Mat in Studio				
7pm	Mat online			Mat in Studio		

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