

# EQUIPMENT CLASSES

PHYSIOTHERAPY EXERCISE PROGRAM (PEP) with Physiotherapist

STUDIOPIILATES (SP) with Pilates Instructor

<b>Intro package</b> (55 mins/session) (initial assessment + 2 private sessions)	<b>PEP</b> \$390	<b>SP</b> \$345	Valid for 4 weeks
<b>PEP Individual session</b> (55 mins)	<b>Physio</b>	<b>Senior physio</b>	<b>Principal Physio</b>
Single session	\$145	\$170	\$180
Pack of 5 (2 month expiry)	\$652.50	\$765	\$810
Pack of 10 (4 month expiry)*	\$1250	\$1500	\$1585
<b>Group session</b> (55mins)	<b>PEP</b>	<b>SP</b>	
Casual class	\$63	\$48	
Pack of 5	\$270	\$215	Valid for 2 months
Pack of 10*	\$510	\$400	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)

\$265

Valid for 3 weeks

**Mat/Barre session** (55 mins)

Casual class

\$35 per class

1 class per week – 4 week pack

\$120 (\$30 per class)

2 classes per week – 4 week pack

\$224 (\$28 per class)

3 classes per week – 4 week pack

\$288 (\$24 per class)

Private session

\$120 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						
9:30am		Mat in Studio		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		

Timetable and bookings also available through the MindBody App