

# 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>SP</b> \$345	<b>PEP</b> \$390	Valid for 4 weeks		
<b>Private Sessions</b> (60 mins)	<b>SP</b>	<b>PEP</b>	<b>Senior PEP</b>	<b>Principal PEP</b>	
Single session	\$120	\$145	\$170	\$180	
Pack of 5	\$540	\$652.50	\$765	\$810	Valid for 2 months
Pack of 10*	\$1055	\$1250	\$1500	\$1585	Valid for 4 months
<b>Group Sessions</b> (55 mins)	<b>SP</b>	<b>Trio PEP</b>	<b>Duo PEP</b>		
Single session	\$48	\$63	\$75		
Pack of 5	\$215	\$270	\$325	Valid for 2 months	
Pack of 10*	\$400	\$510	\$600	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	
7:15am		SP				
8am	SP & PEP	PEP	SP & PEP	PEP	SP & PEP & PEP Duo	PEP
8:15am		SP		SP		
9am	SP & PEP	PEP	SP & PEP	PEP	SP & PEP & PEP Duo	PEP
9:30am						PEP
10am	SP & PEP	PEP	PEP	PEP	SP & PEP & PEP Duo	PEP
10:30am						PEP
11am	PEP	PEP	PEP	PEP	PEP	PEP
11:30am						PEP
2:45pm	PEP Duo					
3:45pm	PEP	PEP				
4pm	SP			PEP		
4:45pm	PEP	PEP	PEP	PEP		
5pm	SP			PEP		
5:45pm	PEP	PEP	PEP	PEP		
6pm				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 sessions)      \$265      Valid for 3 weeks

### Mat/Barre Session (55 mins)

Casual class	\$35		
1 class per week	\$120	(\$30 per class)	4 week pack
2 classes per week	\$224	(\$28 per class)	4 week pack
3 classes per week	\$288	(\$24 per class)	4 week pack

### Private Session (60 mins)

Single session	\$120		
Pack of 5	\$540		Valid for 2 months
Pack of 10*	\$1055		Valid for 4 months

\* Includes bonus reward 20% off physio or massage consult

### Seniors Class – over 65's (55 mins)

1 class per week      \$27.50

## TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	Mat online		Mat online		Mat online	
8am			Mat online			
8:30am						Mat
9:30am		Mat		Mat in studio & online		
10:30am		Barre		Barre		
11am		New Mums online	Seniors			
11:15am					Seniors	
6pm	Mat in studio & online					
6:05pm		Mat				
7pm	Mat online					

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