

EQUIPMENT CLASSES

PHYSIOTHERAPY EXERCISE PROGRAM (PEP) with Physiotherapist

STUDIOPILATATES (SP) with Pilates Instructor

Intro Package (55 mins/session) (Initial assessment + 2 private sessions)	SP \$345	PEP \$390	Valid for 4 weeks		
Private Sessions (60 mins)	SP	PEP	Senior PEP	Principal PEP	
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
Group Sessions (55 mins)	SP	Trio PEP	Duo PEP		
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