

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					

TIMETABLE AND BOOKINGS ALSO AVAILABLE THROUGH THE MINDBODY APP