

EQUIPMENT CLASSES

PHYSIOTHERAPY EXERCISE PROGRAM (PEP) with Physiotherapist
STUDIOPILATES (SP) with Pilates Instructor

Intro Package (55 mins/session) (Initial assessment + 2 private sessions)	SP \$345	PEP \$390	Valid for 4 weeks		
Private Sessions (55 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	
7:45/8am	PEP/SP	PEP	PEP/SP	PEP	SP / PEP @ 8.15am	PEP
8:30am				PEP duo		
8:45/9am	Pep/SP	PEP	PEP/SP	PEP	SP / PEP @ 9.15am	PEP
9:30am				PEP duo		PEP
9:45/10am	PEP/SP	PEP	PEP/SP	PEP	SP / PEP @ 10:15am	PEP
10:30am						PEP
10:45am	PEP	PEP	PEP	PEP	PEP @ 11.15am	PEP
11:30am						PEP duo
3:45pm	PEP	PEP		PEP		
4pm				PEP		
4:45pm	PEP	PEP	PEP	PEP		
5pm				PEP		
5:45pm	PEP	PEP	PEP	PEP		
6pm				PEP		
6:45pm		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			
8am			Mat online			
8:30am						Mat online
9:30am		Mat online				
11am			Seniors in studio			
11:15am					Seniors in studio	
12pm					Barre online	
6pm	Mat online	Mat online				
7pm	Mat online					

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