

# EQUIPMENT CLASSES

PHYSIOTHERAPY EXERCISE PROGRAM (PEP) with Physiotherapist  
STUDIOPILOTES (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> (55 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	
8am	SP & PEP	PEP	SP & PEP	PEP	SP / PEP @ 8:15am	PEP
9am	SP & PEP	PEP	SP & PEP	PEP	SP / PEP @ 9:15am	PEP
10am	SP & PEP	PEP	PEP	PEP	SP / PEP @ 10:15am	PEP
11am	PEP	PEP	PEP	PEP	PEP @ 11:15am	PEP
2:45pm	PEP Duo					
3:45pm	PEP	PEP		PEP		
4pm				PEP		
4:45pm	PEP	PEP	PEP	PEP		
5:45pm	PEP	PEP	PEP	PEP		
6:45pm		PEP	PEP			