

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	\$552	\$667	\$782	\$828	Valid for 2 months
Pack of 10*	\$1080	\$1305	\$1530	\$1620	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	
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			