

# EQUIPMENT CLASSES

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

<b>Intro Package</b> (55 mins/session) (Initial assessment + 2 private sessions)	<b>SP</b> \$355		<b>PEP</b> \$400		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	\$125	\$149	\$175	\$185	
Pack of 5	\$575	\$685.50	\$805	\$851	Valid for 2 months
Pack of 10*	\$1125	\$1341	\$1575	\$1665	Valid for 4 months
<b>Group Sessions</b> (55 mins)	<b>SP</b>	<b>Duo SP</b>	<b>Trio PEP</b>	<b>Duo PEP</b>	
Single session	\$50	\$63	\$65	\$78	
Pack of 5	\$225	\$250	\$278	\$340	Valid for 2 months
Pack of 10*	\$415	\$530	\$525	\$630	Valid for 4 months

\* INCLUDES BONUS REWARD 20% OFF PHYSIO OR MASSAGE CONSULT

## TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	SP		SP		SP	
7am	SP	SP	SP		SP	
8am	SP & PEP	SP & PEP	SP & PEP	PEP	SP / PEP @ 8:15am	PEP
9am	SP & PEP	SP & PEP	SP & PEP	PEP	SP / PEP @ 9:15am	PEP
10am	SP & PEP	SP & 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	SP	PEP		
4pm				PEP		
4:45pm	PEP	PEP	SP & PEP	PEP		
5:45pm	PEP	PEP	SP & PEP	PEP		
6:45pm		PEP	SP & PEP			

Effective 1st July 2022