

EQUIPMENT CLASSES

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

Intro Package (55 mins/session) (Initial assessment + 2 private sessions)	SP \$365	PEP \$412	Valid for 4 weeks		
Private Sessions (55 mins)	SP	PEP	Senior PEP	Principal PEP	
Single session	\$129	\$153	\$180	\$190	
Pack of 5	\$593.50	\$704	\$828	\$874	Valid for 2 months
Pack of 10*	\$1161	\$1377	\$1620	\$1710	Valid for 4 months
Group Sessions (55 mins)	SP	Duo SP	Trio PEP	Duo PEP	
Single session	\$51.50	\$65	\$67	\$80	
Pack of 5	\$232	\$299	\$286	\$350	Valid for 2 months
Pack of 10*	\$427	\$546	\$540	\$649	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	PEP
9am	SP & PEP	SP & PEP	SP & PEP	PEP	SP / PEP	PEP
10am	SP & PEP	SP & PEP	PEP	PEP	SP / PEP @10:15am	PEP
11am	SP DUO / PEP	PEP	PEP	PEP	PEP @ 11:15am	PEP
2:45pm	PEP Duo					
3:45pm	PEP	PEP	SP	PEP		
4:45pm	PEP	PEP	SP & PEP	PEP		
5:45pm		PEP	SP & PEP	PEP		
6:45pm		PEP	SP & PEP			

Effective 1st July 2023