

CLINICAL PILATES TIMETABLE

PHYSIOTHERAPY LED CLINICAL PILATES – WITH PHYSIOTHERAPIST (4:1)
DUET AND PRIVATE CLINICAL PILATES WITH PHYSIOTHERAPIST BY APPOINTMENT

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|--|---|
| 8.30am CLINICAL PILATES Sofie | | 9.30am CLINICAL PILATES Christine | 8.00am CLINICAL PILATES Christine | 7.30am CLINICAL PILATES Valerie | 8.00am CLINICAL PILATES Rotating |
| 10.30am CLINICAL PILATES Christine | 10.30am CLINICAL PILATES Sofie | | | 10.30am CLINICAL PILATES Sofie | 9.00am CLINICAL PILATES Rotating |
| 12.30pm CLINICAL PILATES Christine | 12.30pm CLINICAL PILATES Sofie | | | 12.30pm CLINICAL PILATES Sofie | |
| | | 5.00pm CLINICAL PILATES Christine | | | |
| | 6.30pm CLINICAL PILATES Christine | | | | |

HOW TO GET STARTED

Schedule an Initial assessment with one of our Pilates Physiotherapists (60 minutes). This allows a thorough assessment and a plan to be developed to set you up ready to join a class. If you need more support or focused attention, we recommend private sessions with your Pilates Physiotherapist. Your Physiotherapist can talk you through how many 1:1 sessions will be valuable for you.

Review appointments (30 or 60 minutes) are recommended every 4-8 weeks, depending on your health goals and injury status.

| | DURATION | PHYSIOTHERAPIST | PRINCIPAL & SENIOR PHYSIOTHERAPISTS | PRIVATE HEALTH INSURANCE REBATE CODE |
|-----------------------------|------------------------|---|-------------------------------------|--------------------------------------|
| PRIVATE 1:1 SESSIONS | 30 minutes | \$110 | \$125 | 505 |
| | 60 minutes | \$165 | \$250 | 506 |
| SEMI-PRIVATE CLASSES | 50 minutes per session | \$62 casual 10 pack \$490 - \$49 per class 20 pack \$920 - \$46 per class <i>Valid for 12 months - All classes to be prepaid Invoices sent after class completed to claim private health rebate Late or cancellation fees are not eligible for private health insurance.</i> | | 560 |
| DUET 2:1 SESSIONS | 50 minutes per session | \$82.50/person | \$125/person | 560 |