

STRENGTH, BONES & BALANCE TIMETABLE



STRENGTH BONES AND BALANCE – WITH PHYSIOTHERAPIST (4:1)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00am		STRENGTH BONES & BALANCE Semi-Private		STRENGTH BONES & BALANCE Semi-Private		
8.30am		STRENGTH BONES & BALANCE Semi-Private	STRENGTH BONES & BALANCE Semi-Private		STRENGTH BONES & BALANCE Semi-Private	
9.30am		STRENGTH BONES & BALANCE Semi-Private		STRENGTH BONES & BALANCE Semi-Private	STRENGTH BONES & BALANCE Semi-Private	
10.00am						STRENGTH BONES & BALANCE Semi-Private
10.30am			STRENGTH BONES & BALANCE Semi-Private	STRENGTH BONES & BALANCE Semi-Private		
11.00am					STRENGTH BONES & BALANCE Semi-Private	
2.30pm				STRENGTH BONES & BALANCE Semi-Private		
5.30pm		STRENGTH BONES & BALANCE Semi-Private		STRENGTH BONES & BALANCE Semi-Private		

CLINICAL EXERCISE PRICING

An initial assessment is required prior to commencing group exercise. Clinical Exercise can be face to face or via telehealth. If attending via video – contact us to let us know prior to the class.

Head to our website to [book online](#) or for more information. Group classes can also be booked via the Mindbody App. For private and duet sessions – [book via our website](#), or contact reception via reception@pranaphysio.com.au or call (02) 9436 2565.

	CLASS	PHYSIOTHERAPIST	PRINCIPAL PHYSIOTHERAPIST	VALIDITY	PRIVATE HEALTH INSURANCE REBATE CODE*
INITIAL CLINICAL EXERCISE ASSESSMENT	60 minutes	\$160	\$240		500**
SEMI-PRIVATE SESSIONS	50 minutes per session	\$58 casual \$450 pack of 10 \$840 pack of 20		Valid for 12 months	560***
DUET 2:1 SESSIONS	50 minutes per session	\$80/person	\$120/person		560**
PRIVATE 1:1 SESSIONS	30 minutes	\$105	\$120		505**
	45 minutes	\$135	\$160		506**
	60 minutes	\$160	\$240		506**
INTRO PACKAGE <i>Initial Clinical Exercise Assessment + 2 Private Sessions</i>	60min initial assessment + 2 x 30min	\$340	\$430	Valid for 4 weeks	Initial Consult 500 Private Sessions 505

* Check with your Private Health Insurance that you are covered for Physiotherapy, and Group Therapy (560) under Physiotherapy coverage.

** Claimable on the spot

*** Claimable after all sessions completed

Late or Cancellation Fees are not able eligible for a private health insurance rebate.