

STRENGTH, BONES & BALANCE TIMETABLE

STRENGTH BONES AND BALANCE - WITH PHYSIOTHERAPIST (4:1)
DUET & PRIVATE SESSIONS BY APPOINTMENT ONLY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8am STRENGTH BONES & BALANCE Semi-Private	8.30am STRENGTH BONES & BALANCE Semi-Private	9.30am STRENGTH BONES & BALANCE Semi-Private	8.30am STRENGTH BONES & BALANCE Semi-Private
	8.30am STRENGTH BONES & BALANCE Semi-Private	10.30am STRENGTH BONES & BALANCE Semi-Private	10.30am STRENGTH BONES & BALANCE Semi-Private	9.30am STRENGTH BONES & BALANCE WAITLIST ONLY
	9.30am STRENGTH BONES & BALANCE WAITLIST ONLY			11am STRENGTH BONES & BALANCE Semi-Private
	5.30pm STRENGTH BONES & BALANCE Semi-Private		5.30pm 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 telehealth – contact us to let us know prior to the class.

Head to our website to [book online](#) or for more information. 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	\$165	\$250		500**
SEMI-PRIVATE SESSIONS	50 minutes per session	\$62 casual \$490 pack of 10 \$920 pack of 20		Valid for 12 months	560***
DUET 2:1 SESSIONS	50 minutes per session	\$82.50/person	\$125/person		560**
PRIVATE 1:1 SESSIONS	30 minutes	\$110	\$125		505**
	60 minutes	\$165	\$250		506**
INTRO PACKAGE <i>Initial Clinical Exercise Assessment + 2 Private Sessions</i>	60min initial assessment + 2 x 30min private sessions	\$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.