

CLINICAL PILATES TIMETABLE

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.30am CLINICAL PILATES Sofie/Valerie		8.30am CLINICAL PILATES Danica		7.30am CLINICAL PILATES Sofie/ Danica	8.00am CLINICAL PILATES Rotating
					9.00am CLINICAL PILATES Rotating
	10.30am CLINICAL PILATES Sofie/Valerie			10.30am CLINICAL PILATES Sofie/Danica	10.00am CLINICAL PILATES Rotating
12.30pm CLINICAL PILATES Danica	12.30pm CLINICAL PILATES Danica			12.30pm CLINICAL PILATES Danica	
5.00pm CLINICAL PILATES Danica	5.00pm CLINICAL PILATES Danica	5.00pm CLINICAL PILATES Sofie/Valerie			
	6.00pm CLINICAL PILATES Sofie/Danica				

PRANA PHYSIOTHERAPY & HEALTH PRICING

	DURATION	PHYSIOTHERAPISTS	SENIOR PHYSIOTHERAPISTS	PRINCIPAL PHYSIOTHERAPISTS & DR HELEN CLARE
PRIVATE CONSULTATIONS	Up to 25 minutes	\$125	\$135	\$140
	Up to 50 minutes	\$186	\$227	\$280
DUET 2:1 SESSIONS	Up to 50 minutes	\$93/person	\$114/person	\$140/person
SEMI-PRIVATE CLASSES	50 minutes per session	\$75 casual (6 months expiry) 10 pack \$600 - \$60 per class – Most Popular (6 months expiry) 20 pack \$1080 - \$54 per class (6 months expiry) 30 pack \$1530 - \$51 per class (6 months expiry) Invoices sent after class completed to claim private health rebate		