

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				7.30am CLINICAL PILATES Sofie	8.00am CLINICAL PILATES Jessica
		9.30am CLINICAL PILATES Jessica	8.00am CLINICAL PILATES Jessica		9.00am CLINICAL PILATES Jessica
	10.30am CLINICAL PILATES Sofie			10.30am CLINICAL PILATES Sofie	
	12.30pm CLINICAL PILATES Sofie			12.30pm CLINICAL PILATES Sofie	
		5.00pm CLINICAL PILATES Jessica			
	6.00pm CLINICAL PILATES Sofie				

PRANA PHYSIOTHERAPY & HEALTH PRICING

	DURATION	ACCREDITED EXERCISE PHYSIOLOGISTS	PHYSIOTHERAPISTS	SENIOR & PRINCIPAL PHYSIOTHERAPISTS
PRIVATE CONSULTATIONS	Up to 25 minutes	\$95	\$110	\$130
	Up to 50 minutes	\$170	\$70	\$260
DUET 2:1 SESSIONS	Up to 50 minutes	\$82.50/person 10 pack \$765/person	\$82.50/person 10 pack \$765/person	\$125/person 10 pack \$1150/person
SEMI-PRIVATE CLASSES	50 minutes per session	\$65 casual (4 week expiry)		
		10 pack \$520 - \$52 per class – Most Popular (12 week expiry)		
		20 pack \$960 - \$48 per class (6 months expiry)		
		30 pack \$1380 - \$46 per class (6 months expiry)		
<i>Invoices sent after class completed to claim private health rebate</i>				