

# CLINICAL PILATES TIMETABLE

CLINICAL PILATES SEMI-PRIVATE- WITH PHYSIOTHERAPIST (4:1)  
 CLINICAL PILATES DUET – WITH PHYSIOTHERAPIST (2:1)  
 DUET & PRIVATE SESSIONS BY APPOINTMENT ONLY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10.30am <b>CLINICAL PILATES</b> Semi-Private	9.30am <b>CLINICAL PILATES</b> Semi-Private		7.30am <b>CLINICAL PILATES</b> Semi-Private	8am <b>CLINICAL PILATES</b> Semi-Private
				10.30am <b>CLINICAL PILATES</b> Semi-Private	9am <b>CLINICAL PILATES</b> Semi-Private
	12.30pm <b>CLINICAL PILATES</b> Semi-Private			12.30pm <b>CLINICAL PILATES</b> Semi-Private	
		5pm <b>CLINICAL PILATES</b> Semi-Private			
		6pm <b>CLINICAL PILATES</b> 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](mailto:reception@pranaphysio.com.au) or call (02) 9436 2565.

	CLASS	PHYSIOTHERAPIST	PRINCIPAL PHYSIOTHERAPIST	VALIDITY	PRIVATE HEALTH INSURANCE REBATE CODE*
<b>INITIAL CLINICAL EXERCISE ASSESSMENT</b>	60 minutes	\$165	\$250		500**
<b>SEMI-PRIVATE SESSIONS</b>	50 minutes per session	\$62 casual \$490 pack of 10 \$920 pack of 20		Valid for 12 months	560***
<b>DUET 2:1 SESSIONS</b>	50 minutes per session	\$82.50/person	\$125/person		560**
<b>PRIVATE 1:1 SESSIONS</b>	30 minutes	\$110	\$125		505**
	60 minutes	\$165	\$250		506**
<b>INTRO PACKAGE</b> <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.