

# CLINICAL EXERCISE TIMETABLE

CLINICAL EQUIPMENT – WITH PHYSIOTHERAPIST (4:1)

STUDIO PILATES – WITH PILATES INSTRUCTOR OR EXERCISE PHYSIOLOGIST (1:1, 2:1, 4:1)

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.00am		CLINICAL EQUIPMENT Semi-Private	CLINICAL EQUIPMENT Semi-Private		CLINICAL EQUIPMENT Semi-Private	
8.00am		STRENGTH BONES & BALANCE Semi-Private			STRENGTH BONES & BALANCE Semi-Private	CLINICAL EQUIPMENT Semi-Private
9.30am	STRENGTH BONES & BALANCE Semi-Private	STRENGTH BONES & BALANCE Semi-Private		STRENGTH BONES & BALANCE Semi-Private	STRENGTH BONES & BALANCE Semi-Private	
10.30am	CLINICAL EQUIPMENT Semi-Private	CLINICAL EQUIPMENT Semi-Private	CLINICAL EQUIPMENT Semi-Private	STRENGTH BONES & BALANCE Semi-Private	CLINICAL EQUIPMENT Semi-Private	
11.30am		CLINICAL EQUIPMENT Semi-Private				
12.30pm		CLINICAL EQUIPMENT Semi-Private				
4.30pm			CLINICAL EQUIPMENT Semi-Private			
5.30pm			CLINICAL EQUIPMENT Semi-Private			
6.30pm			CLINICAL EQUIPMENT Semi-Private			

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 ON [RECEPTION@PRANAPHYSIO.COM.AU](mailto:RECEPTION@PRANAPHYSIO.COM.AU) OR (02) 94362565.