

# 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 <b>CLINICAL PILATES</b> Sofie		8.30am <b>CLINICAL PILATES</b> Valerie		7.30am <b>CLINICAL PILATES</b> Sofie	8.00am <b>CLINICAL PILATES</b> Valerie
					9.00am <b>CLINICAL PILATES</b> Valerie
	10.30am <b>CLINICAL PILATES</b> Sofie			10.30am <b>CLINICAL PILATES</b> Sofie	10.00am <b>CLINICAL PILATES</b> Valerie
12.30pm <b>CLINICAL PILATES</b> Valerie/Danica	12.30pm <b>CLINICAL PILATES</b> Valerie/Danica			12.30pm <b>CLINICAL PILATES</b> Valerie/Danica	
	5.00pm <b>CLINICAL PILATES</b> Valerie/Danica	5.00pm <b>CLINICAL PILATES</b> Sofie/Danica			
	6.00pm <b>CLINICAL PILATES</b> Sofie				

## PRANA PHYSIOTHERAPY & HEALTH PRICING

	DURATION	PHYSIOTHERAPISTS	SENIOR PHYSIOTHERAPISTS	PRINCIPAL PHYSIOTHERAPISTS & DR HELEN CLARE
<b>PRIVATE CONSULTATIONS</b>	Up to 25 minutes	\$120	\$130	\$135
	Up to 50 minutes	\$180	\$220	\$270
<b>DUET 2:1 SESSIONS</b>	Up to 50 minutes	\$90/person	\$110/person	\$135/person
<b>SEMI-PRIVATE CLASSES</b>	50 minutes per session	\$75 casual (6 months expiry) <b>10 pack \$580 - \$58 per class - Most Popular (6 months expiry)</b> 20 pack \$1040 - \$52 per class (6 months expiry) 30 pack \$1470 - \$49 per class (6 months expiry) Invoices sent after class completed to claim private health rebate		