

# 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			7.00am <b>CLINICAL PILATES</b> Jessica	7.30am <b>CLINICAL PILATES</b> Christine	8.00am <b>CLINICAL PILATES</b> Rotating
		9.30am <b>CLINICAL PILATES</b> Christine	8.00am <b>CLINICAL PILATES</b> Christine		9.00am <b>CLINICAL PILATES</b> Rotating
10.30am <b>CLINICAL PILATES</b> Christine	10.30am <b>CLINICAL PILATES</b> Sofie			10.30am <b>CLINICAL PILATES</b> Sofie	
12.30pm <b>CLINICAL PILATES</b> Christine	12.30pm <b>CLINICAL PILATES</b> Sofie			12.30pm <b>CLINICAL PILATES</b> Sofie	
		5.00pm <b>CLINICAL PILATES</b> Christine			
	6.30pm <b>CLINICAL PILATES</b> Christine	6.00pm <b>CLINICAL PILATES</b> Christine			

## PRANA PHYSIOTHERAPY & HEALTH PRICING

	DURATION	ACCREDITED EXERCISE PHYSIOLOGISTS	PHYSIOTHERAPISTS	SENIOR & PRINCIPAL PHYSIOTHERAPISTS
<b>PRIVATE CONSULTATIONS</b>	Up to 30 minutes	\$95	\$110	\$125
	Up to 50 minutes	\$165	\$165	\$250
<b>DUET 2:1 SESSIONS</b>	Up to 50 minutes	\$82.50/person 10 pack \$765/person	\$82.50/person 10 pack \$765/person	\$125/person 10 pack \$1150/person
<b>SEMI-PRIVATE CLASSES</b>	50 minutes per session	\$62 casual		
		<b>10 pack \$490 - \$49 per class - Most Popular</b> 20 pack \$920 - \$46 per class 30 pack \$1320 - \$44 per class Valid for 12 months Invoices sent after class completed to claim private health rebate		