



### Pilates: Bethlehem Timetable

From 01/10/2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM</b>					
7.00					
7.30					
8.00					
8.30					<b>8.30 – 9.25</b> REFORMER Laura O.
9.00	<b>9.00 – 9.55</b> MATWORK Shannon		<b>9.00 – 9.55</b> INTERMEDIATE MATWORK Ian	<b>9.00 – 9.55</b> MATWORK Shannon	<b>9.30 – 10.25</b> INTERMEDIATE REFORMER Laura O.
9.30		<b>9.30 – 10.25</b> REFORMER Ian			<b>9.30 – 10.25</b> INTERMEDIATE REFORMER Laura O.
10.00			<b>10.15 – 11.10</b> REFORMER Ian		
10.30		<b>10.30 – 11.25</b> BEGINNERS Ian			<b>10.30 – 11.25</b> REFORMER Laura O.
11.00				<b>11.00 – 11.55</b> REFORMER Rina	
11.30			<b>11.30 – 12.25</b> BEGINNERS Ian		
12.00				<b>12.00 – 12.55</b> SENIORS Rina	
<b>PM</b>					
12:30					
1.00					
1.30					
2.00					
2.30					
3.00					
3.30					
4.00					
4.30	<b>4.30 – 5.25</b> REFORMER Ian		<b>4.30 – 5.25</b> BEGINNERS Ian		
5.00					
5.30	<b>5.30 – 6.25</b> REFORMER Ian	<b>5.30 – 6.25</b> BEGINNERS Rina	<b>5.30 – 6.25</b> INTERMEDIATE REFORMER Ian		
6.00					
6.30		<b>6.30 – 7.25</b> REFORMER Rina			
7.00					
7.30					



**BODY IN  
MOTION**

**PHYSIO  
REHAB  
PILATES**

**Pilates: Bethlehem Timetable**

**PILATE SERVICE COSTS**

**From 1.10.2019**

<b>40 Minutes Private Intro (compulsory)</b>	\$ 35
60 Minutes Duo Intro	\$ 30 pp (\$60 total)
<b><u>Matwork</u></b>	
Casual class	\$ 18
X10 class concession	\$ 170 - \$17 / class
X20 class concession	\$ 310 - \$15.5 / class
X10 Gold class concession (+65 years)	\$ 155 - \$15.5 / class
X20 Gold class concession (+65 years)	\$ 300 - \$15 / class
<b><u>Reformer</u></b>	
Casual class	\$ 27
X10 class concession	\$ 240 - \$24/class
X20 class concession	\$ 460 - \$23/class
X10 Gold class concession (+65 years)	\$ 230 - \$23/class
X20 Gold class concession (+65 years)	\$ 450 - \$22.5/class
X10 mixed concession 5x ref + 5x mat	\$ 210
<b><u>Privates</u></b>	
30 minutes	\$ 50
45 minutes	\$ 70
60 minutes	\$ 80
<b><u>Duo Sessions (x2 clients)</u></b>	
45minutes	\$ 45 pp (\$90 total)
60minutes	\$ 50 pp (\$100 total)



