



BODY IN MOTION

PHYSIO REHAB PILATES

Pilates: Grenada St Timetable

From 1/10/2019						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM						
6.00						
6.30		6.30 – 7.30 RUNNERS Trudi			6.30 -7.30 REFORMER Ian	
7.00				7.00 – 8.00 RUNNERS Ian		
7.30						7.30 – 8.30 CARDIO Ian
8.00						
8.30						8.30 – 9.30 REFORMER Ian
9.00	9.00 – 10.00 REFORMER Trudi					
9.30		9.30 – 10.30 REFORMER Fanny	9.30 – 10.30 REFORMER Liz	9.30 – 10.30 INTERMEDIATE REFORMER Ian	9.30 – 10.30 REFORMER Ian	
10.00	10.00 – 11.00 SENIORS Trudi					
10.30		10.30 – 11.30 REFORMER Fanny	10.30 – 11.30 BEGINNERS Liz	10.30 – 11.30 BEGINNERS Ian	10.30 – 11.30 INTERMEDIATE REFORMER Ian	
11.00	11.00 – 12.00 BEGINNERS Trudi					
11.30						
12.00						
PM						
2.30						
3.00						
3.30						
4.00						
4.30		4.30 – 5.30 REFORMER Laura O.				
5.00						
5.30	5.30 – 6.30 INTERMEDIATE REFORMER Laura O.	5.30 – 6.30 Stretch & Release Laura O.	5.30 – 6.30 REFORMER Liz	5.30 – 6.30 BEGINNERS Aine		
6.00						
6.30	6.30-7.30 INTERMEDIATE REFORMER Laura O.			6.30-7.30 REFORMER Aine		
7.00						
7.30						

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PILATES SERVICE COSTS

From 1.10.2019

40 Minutes Private Intro (compulsory)	\$ 35
60 Minutes Duo Intro	\$ 30 pp (\$60 total)
<u>Matwork</u>	
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
<u>Reformer</u>	
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
<u>Privates</u>	
30 minutes	\$ 50
45 minutes	\$ 70
60 minutes	\$ 80
<u>Duo Sessions (x2 clients)</u>	
45minutes	\$ 45 pp (\$90 total)
60minutes	\$ 50 pp (\$100 total)

