



BODY IN MOTION

PHYSIO REHAB PILATES

Pilates: Pyes Pa Timetable

From 1/10/2019					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM					
8.00					
8.30					
9.00				9.00 – 10.00 INTERMEDIATE MATWORK Shelley	
9.30	9.30 – 10.30 MATWORK Ian		9.30 – 10.30 REFORMER Rina		
10.00					10.00 – 11.00 MATWORK Shelley
10.30		10.30 – 11.30 REFORMER Rina	10.30 – 11.30 BEGINNERS Rina		10.30 – 11.30 YOGA Shelley
11.00					
11.30	11.30 – 12.30 BEGINNERS Ian	11.30 – 12.30 SENIORS Rina			
12.00					
PM					
12:30					
1.00					
1.30					
2.00					
2.30					
4.00					
4.30					
5.00					
5.30	5.30 – 6.30 REFORMER Rina	5.30 – 6.30 REFORMER Ian	5.30 – 6.30 MATWORK Fanny	5.30 – 6.30 MATWORK Ian	
6.00					
6.30	6.30 – 7.30 INTERMEDIATE REFORMER Rina	6.30 – 7.30 INTERMEDIATE REFORMER Ian	6.30 – 7.30 INTERMEDIATE MATWORK Fanny	6.30 – 7.30 INTERMEDIATE MATWORK Ian	
7.00					

All new students need to attend an initial one on one session prior to attending scheduled classes. Phone 927 3330 to book.

Timetable is subject to change.



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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)

