



BODY IN MOTION

PHYSIO REHAB PILATES

Pilates: Bethlehem Timetable

From 10/08/2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM						
6.30						
7.00						
7.30						
8.00						
8.30					8.30 – 9.25 REFORMER Laura O.	8.30 – 9.25 REFORMER Susan
9.00	9.00 – 9.55 REFORMER Fanny	9.00 – 9.55 MATWORK Ian	9.00 – 9.55 REFORMER Ian	9.00 – 9.55 MATWORK Fanny		
9.30					9.30 – 10.25 INT. REFORMER Laura O	9.30 – 10.25 REFORMER Susan
10.00		10.00 – 10.55 REFORMER Ian	10.00 – 10.55 REFORMER Ian	10.00 – 10.55 BEGINNERS Fanny		
10.30					10.30 – 11.25 REFORMER Laura O	
11.00	11.15 – 12.10 BEGINNERS Fanny	11.00 – 11.55 REFORMER Ian	11.00 – 11.55 BEGINNERS Ian	11.00 – 11.55 REFORMER Fanny		
11.30						
12.00				12.00 – 12.55 ACTIVE AGEING Fanny		
PM						
2.30						
3.00						
3.30						
4.00						
4.30	4.30 – 5.25 REFORMER Ian		4.30 – 5.25 BEGINNERS Ian			
5.00						
5.30	5.30 – 6.25 REFORMER Ian	5.30 – 6.25 BEGINNERS Luana	5.30 – 6.25 REFORMER Ian	5.30 – 6.25 REFORMER Susan		
6.00						
6.30		6.30 – 7.25 REFORMER Luana				
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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From 1.01.2020

40 Minutes Private Intro (<i>compulsory</i>)	\$ 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)

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