



# BODY IN MOTION

## PHYSIO REHAB PILATES

### Pilates: Pyes Pa Timetable

From 10/08/2020					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM</b>					
8.00					
8.30					
9.00				<b>9.00 – 9.55</b> MATWORK Shelley	
9.30	<b>9.30 – 10.25</b> MATWORK Ian	<b>09.30 – 10.25</b> REFORMER Luana	<b>9.30 – 10.25</b> REFORMER Luana	<b>10.00 – 10.55</b> YOGA FUSION Shelley	
10.00					
10.30		<b>10.30 – 11.25</b> REFORMER Luana	<b>10.30 – 11.25</b> BEGINNERS Luana		
11.00					
11.30	<b>11.30 – 12.25</b> REFORMER Ian	<b>11.30 – 12.25</b> ACTIVE AGEING Luana			
12.00					
<b>PM</b>					
12:30					
1.00					
1.30					
2.00					
2.30					
4.00					
4.30					
5.00					
5.30	<b>5.30 - 6.25</b> REFORMER Susan	<b>5.30 - 6.25</b> REFORMER Ian		<b>5.30 – 6.25</b> MATWORK Ian	
6.00					
6.30		<b>6.30 – 7.25</b> REFORMER Ian		<b>6.30 – 7.25</b> 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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REHAB  
PILATES**

**Pilates: Pyes Pa Timetable**

**PILATES SERVICE COSTS**

**From 1.10.2019**

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