

CORRECT

Physio Essentials Pilates Group Programs

TERM 3 2018

(PLEASE NOTE, THE BELOW IS SUBJECT TO CHANGE AT ANY TIME WITHOUT NOTIFICATION. FOR OUR CURRENT AVAILABILITIES, PLEASE CONTACT (02) 9602 4721.

CLINICAL/REHAB PILATES CLASSES

MORNING		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:30AM						CLINICAL Pilates (VIVIAN)
	8:00AM						
	8:30AM	CLINICAL Pilates (VIVIAN + Emma)		CLINICAL Pilates (GEMMA)		CLINICAL Pilates (GEMMA)	CLINICAL Pilates (VIVIAN)
	9:00AM						
	9:30AM	REHAB Pilates (VIVIAN)	CLINICAL Pilates (GEMMA+ Emma)	CLINICAL Pilates (GEMMA)	CLINICAL Pilates (GEMMA)	REHAB Pilates (GEMMA)	
	10:00AM						
	10:30AM		REHAB Pilates (VIVIAN)				
	11:00AM						
	11:30AM	CLINICAL (KEVIN) & REHAB (VIVIAN)					
12:00PM							

STUDIO IS CLOSED BETWEEN 12:30PM & 3:00PM

AFTERNOON		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3:00PM						CLOSED
	3:30PM						
	4:00PM					YOUTH Pilates (KEVIN/EMMA)	
	4:30PM	YOUTH Pilates (KEVIN/SAM)		YOUTH Pilates (KEVIN/SAM)	REHAB Pilates (GEMMA)		
	5:00PM		REHAB Pilates (VIVIAN)				
	5:30PM	CLINICAL Pilates (GEMMA + SAM)			CLINICAL Pilates (VIVIAN)		
	6:00PM			CLINICAL Pilates (VIVIAN +/-EM/SAM)			
	6:30PM	CLINICAL Pilates (GEMMA + SAM)	6:15pm CLINICAL Pilates (VIVIAN)				
	7:00PM			CLINICAL Pilates (VIVIAN +/-EM/SAM)	CLINICAL Pilates (VIVIAN)		
7:30PM							

CASUAL RATE (PAY PER WEEK) = REHAB - \$30 | CLINICAL = \$27 | EQUIPMENT = \$22

[DISCOUNTS APPLY FOR BULK PAYMENTS UPFRONT, MINIMUM 6 SESSIONS. SEE RECEPTION FOR DETAILS]

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EQUIPMENT PILATES SESSIONS

MORNING		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:30AM						
	8:00AM						
	8:30AM					EQUIPMENT Pilates (EMMA)	
	9:00AM						
	9:30AM						
	10:00AM						
	10:30AM						
	11:00AM						
	11:30AM						
	12:00PM						

STUDIO IS CLOSED BETWEEN 12:00PM & 3:00PM

AFTERNOON		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3:00PM						CLOSED
	3:30PM						
	4:00PM						
	4:30PM						
	5:00PM						
	5:30PM			EQUIPMENT Pilates (EMMA/SAM)			
	6:00PM						
	6:30PM						
	7:00PM						
	7:30PM						

**CASUAL RATE (PAY PER WEEK) = REHAB - \$30 | CLINICAL = \$27 | EQUIPMENT = \$22
[DISCOUNTS APPLY FOR BULK PAYMENTS UPFRONT, MINIMUM 6 SESSIONS. SEE RECEPTION FOR DETAILS]**