

## EXERCISE CLASS TIMETABLE (East Melbourne)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.50 AM					YOG	
7.30 AM	S/W		S/W			
8.40 AM						PSP
9.30 AM						
10.00 AM	REC	S/W				
10:30 AM					REC	
10.40 AM				S/W		
11.00 AM		S/W	S/W			
12.00 PM					S/W	
1.00 PM						
6.00 PM	PSP	PSP	PSP			

PSP	- PREGNANCY SPIN PILATES
S/W	- STRENGTHWISE
YOG	- CLINICAL YOGA
REC	- RE-CREATE

EXERCISE CLASS PRICES	
Casual	- \$37.00
5 Class Pack	- \$176.00 (\$35.20 per class)
10 Class Pack	- \$333.00 (\$33.30 per class)
CLINICAL YOGA CLASS PRICES	
Casual Class	- \$26.00
5 Class Pack	- \$122.00 (\$24.40 per class)
10 Class Pack	- \$231.00 (\$23.10 per class)

**Note:**

Private Health Rebates Available  
Depending on Health Fund Cover

**\*Packs are non-refundable and are to be paid  
prior to commencing your first class\***