

CLINICAL PILATES TIMETABLE



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|--------|---------|-----------|----------|--------|----------|
| 6.30 AM | | | | | ● | |
| 7.10 AM | | | | | ● | |
| 7.20 AM | ● | ● | ● | | | ● |
| 7.30 AM | | | | | | ● |
| 8.00 AM | ● | ● | ● | ● | ● | ● |
| 8.10 AM | | | | | | ● |
| 8.20 AM | | ● | | | | |
| 8.40 AM | | ● | | ● | | |
| 8.50 AM | | | | | | ● |
| 9.00 AM | | ● | ● | | ● | |
| 9.20 AM | | | | ● | | |
| 9.30 AM | | | | | | ● |
| 9.40 AM | ● | | | | | ● |
| 10.00 AM | ● | ● | ● | ● | ● | |
| 10.20 AM | ● | | | | | |
| 10.40 AM | | ● | ● | ● | ● | |
| 11.00 AM | ● | | | | | |
| 11.20 AM | | | | | ● | |
| 12.00 PM | | | | | ● | |
| 12.30 PM | | | ● | ● | | |
| 12.40 PM | ● | ● | | | | |
| 1.20 PM | ● | ● | | | | |
| 2.00 PM | | | | ● | | |
| 2.40 PM | | | | ● | | |
| 3.00 PM | ● | | | | | |
| 3.20 PM | | ● | | | | |
| 4.00 PM | | ● | | ● | | |
| 4.40 PM | | ● | | | | |
| 5.00 PM | ● | | ● | | | |
| 5.20 PM | | ● | | | | |
| 5.40 PM | | | ● | ● | | |
| 6.00 PM | | | | | | |
| 6.20 PM | | | ● | ● | | |

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

| CLINICAL PILATES PRICES | |
|-------------------------|------------------------------|
| Casual Class | \$47.00 |
| 5 Class Pack | \$223.00 (\$44.60 per class) |
| 10 Class Pack | \$423.00 (\$42.30 per class) |

Fitwise Physiotherapy

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