

Clinical Exercise Timetable – March 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.30am-8.30am	Natalie/Bri	Bri/Erinie	Natalie		Jessie/Letitia	Erinie/Siena
8.30am-9.30am	Bri	Bri/Erinie	Natalie/Dana	Jessie	Jessie/Letitia	Erinie/Siena
9.30am-10.30am	Bri	Bri	Erinie/Dana	Jessie	Jessie/Letitia	Erinie/Siena
10.30am-11.30am	Bri	Bri	Erinie/Dana	Jessie	Jessie/Letitia	Siena
3.30pm-4.30pm				Erinie		
4.30pm-5.30pm	4.00pm Siena		Megan	Erinie		
5.30pm-6.30pm	5.00pm Siena		Megan	Erinie		
6.30pm-7.30pm	6.00pm Siena		Megan	Erinie		

PRICING AND CLAIMING INFORMATION

Our team is comprised of Physios and Pilates Instructors. With this variation comes different class costs and options in terms of claiming.

If your session is run by a PHYSIO, the cost is \$55. These sessions are claimable through Private Health funds should you have an appropriate level of cover. The code for these sessions is 560 (with the exception of HCF, who are 561, unless specified otherwise).

If your session is run by a PILATES INSTRUCTOR, the cost is \$47. We have subsidized these classes as they are not eligible for a rebate from the health funds.

The instructors and their qualifications are listed below:

- Jessie, Natalie, Dana, Letitia, Bri and Erinie– PHYSIO
- Megan and Siena - PILATES INSTRUCTOR

As always, please check with your individual health fund for specific information on your rebate. If you have any issues or further questions, please do not hesitate to contact us.



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