

Matraville Dynamic Physiotherapy Pilates timetable & information

| Times | Monday | Tuesday | Wednesday | Friday | Saturday |
|---------|---|---|--|---|---|
| 5:30am | | Semi-private clinical exercise class (560) \$45.00 | | | |
| 6:00am | | | | | |
| 6:30 am | | Semi-private clinical exercise class (560) \$45.00 | | | |
| 7:00 am | | | | | |
| 7:30 am | | Semi-private clinical exercise class (560) \$45.00 | | | |
| 8:00 am | Semi-private clinical exercise class (560) \$45.00 | | | | Semi-private clinical exercise class (560) \$45.00 |
| 8:30 am | | Semi-private clinical exercise class (560) \$45.00 | | | |
| 9:00 am | Semi-private clinical exercise class (560) \$45.00 | | | | Semi-private clinical exercise class (560) \$45.00 |
| 9:30 am | | | | | |
| 10:00am | Semi-private clinical exercise class (560) \$45.00 | | | | |
| 10:30am | | | | | |
| 11:00am | Semi-private clinical exercise class (560) \$45.00 | | | | |
| 11:30am | | | | | |
| 12:00pm | | | | Semi-private clinical exercise class (560) \$45.00 | |
| 4:00 pm | | | Semi-private clinical exercise class (560) \$45.00 | | |
| 5:00 pm | | | Semi-private clinical exercise class (560) \$45.00 | | |
| 6:00 pm | | | Semi-private clinical exercise class (560) \$45.00 | | |

Matraverse Dynamic Physiotherapy classes available

Pilates Assessment

30 mins: \$98.00 (Code: 505)

60 mins: \$175.00 (Code: 506)

New clients will be required to complete an initial Pilates assessment with a physiotherapist prior to commencing.

This is to observe your posture and movement and identify areas that need strengthening and stretching.

These classes incorporate Pilates and physiotherapy-based exercises.

All Pilates classes are 50 minutes with 10 minutes stretching time

Semi-Private class – clinical exercise session (Code: 560)

Undergoing individual class rehab programs – (Limit of 4 people)

Pack of 5 classes: \$225.00

Pack of 10 classes: \$450.00

(\$45.00 per class)

Pilates 1:1

Recommended for new clients starting. 3-5 sessions recommended.

30 mins: \$98.00 (Code: 505)

60 mins: \$175.00 (Code: 506)

Post/Pre Natal classes

60mins: \$45.00

Matraverse Dynamic Physiotherapy

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