

TIME	MONDAY	TUESDAY	WESNEDAY	THURSDAY	FRIDAY	SATURDAY
6.30AM		CLINICAL EXERCISE CLASS (560) \$45.00			CLINICAL EXERCISE CLASS (560) \$45.00	
7AM	CLINICAL EXERCISE CLASS (560) \$45.00					
7.30AM		CLINICAL EXERCISE CLASS (560) \$45.00			CLINICAL EXERCISE CLASS (560) \$45.00	CLINICAL EXERCISE CLASS (560) \$45.00
8AM	CLINICAL EXERCISE CLASS (560) \$45.00		CLINICAL EXERCISE CLASS (560) \$45.00	CLINICAL EXERCISE CLASS (560) \$45.00		
8.30AM		CLINICAL EXERCISE CLASS \$45.00			CLINICAL EXERCISE CLASS (560) \$45.00	CLINICAL EXERCISE CLASS (560) \$45.00
9AM	CLINICAL EXERCISE CLASS (560) \$45.00		CLINICAL EXERCISE CLASS (560) \$45.00	CLINICAL EXERCISE CLASS (560) \$45.00		
9.30AM		GROUP MAT CLASS \$25.00			CLINICAL EXERCISE CLASS (560) \$45.00	GROUP MAT CLASS (561) \$25.00
10AM	CLINICAL EXERCISE CLASS (560) \$45.00		CLINICAL EXERCISE CLASS (560) \$45.00	CLINICAL EXERCISE CLASS (560) \$45.00		
10.30AM		CLINICAL EXERCISE CLASS \$45.00			CLINICAL EXERCISE CLASS (560) \$45.00	CLINICAL EXERCISE CLASS (560) \$45.00
11AM	CLINICAL EXERCISE CLASS (560) \$45.00		BONE & BODY CLASS (561) \$18.00			
11.30AM					BONE AND BODY CLASS (561) \$18.00	CLINICAL EXERCISE CLASS (560) \$45.00
12PM	CLINICAL EXERCISE CLASS (560) \$45.00					
NO CLASSES	NO CLASSES BETWEEN 1-4	NO CLASSES BETWEEN 1-4	NO CLASSES BETWEEN 1-4	NO CLASSES BETWEEN 1-4	NO CLASSES BETWEEN 1-4	NO CLASSES BETWEEN 1-4
4PM			CLINICAL EXERCISE CLASS (560) \$45.00			
4.30PM	CLINICAL EXERCISE CLASS (560) \$45.00	CLINICAL EXERCISE CLASS (560) \$45.00			YOGA STRETCH CLASS (561) \$25.00	
5PM			CLINICAL EXERCISE CLASS (560) \$45.00	CLINICAL EXERCISE CLASS (560) \$45.00		
5.30PM	CLINICAL EXERCISE CLASS (560) \$45.00	CLINICAL EXERCISE CLASS (560) \$45.00				
6PM			CLINICAL EXERCISE CLASS (560) \$45.00	CLINICAL EXERCISE CLASS (560) \$45.00		
6.30PM	CLINICAL EXERCISE CLASS (560) \$45.00	CLINICAL EXERCISE CLASS (560) \$45.00				
6.45PM/ 7PM	6.45PM PILATES STRETCH CLASS (561) \$25.00		7.00PM GROUP MAT CLASS (561) \$25.00			

Please note that some classes may be full, and you may need to be placed on a waitlist temporarily until a permanent spot becomes available. ALL CLASSES GO FOR 1HR.

Semi private (560) – clinical exercise sessions

Clients new to this class will be required to complete a initial Pilates assessment with a physiotherapist prior to commencing Pilates in order to observe your posture and movement and identifying areas that need strengthening and stretching. These classes incorporate Pilates and physiotherapy-based exercises.

- Initial class \$55
- Pack of 5 classes \$225, pack of 10 \$450 (\$45 per class).

Group mat class (561)

Group mat classes focus on posture and positioning through the use of foam rollers, Swiss balls and Thera tubing. The mat work builds strength and flexibility, which helps with injury prevention and rehabilitation.

- Initial class \$30
- Pack of 5 classes \$125, pack of 10 \$250 (\$25 per class).

Yoga/stretch class (561)

A class for flexibility, mobility, strength, stability and relaxation.

- Initial class \$30
- Pack of 5 classes \$125, pack of 10 \$250 (\$25 per class).

Bone and body class (561)

Bone strengthening for osteoporosis classes are a combination of cardio-vascular, balance, flexibility and general strengthening exercises performed in a relaxed group environment. The classes are suitable for all ages, with a focus on those with special medical needs such as arthritis or osteoporosis

- \$18 per class.