

# GROUP FITNESS CLINICAL PILATES TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
8:00AM	<b>8.40am</b> <b>B.E.T.S</b> Peter	CLINICAL <b>PHYSIO</b> Taylah	CLINICAL <b>PHYSIO</b> Elsa	CLINICAL <b>PHYSIO</b> Taylah	CLINICAL <b>PHYSIO</b> Taylah	<p>As our group sessions are based on each individual's rehabilitation or fitness needs an initial 1:1 assessment is required prior to beginning any sessions.</p> <p><b>INITIAL ASSESSMENT CONSULTATION \$105</b></p> <p><b>CLINICAL PHYSIO (PILATES) \$39</b> Supervised by our Physiotherapists</p> <p><b>CLINICAL EP (PILATES) \$39</b> Supervised by our Exercise Physiologist</p> <p><b>PILATES CLASS PASSES -</b> claimable only after session has been attended.  <b>5 x PASS: \$185</b>  <b>10 x PASS: \$350</b></p> <p><b>BETS \$39</b> Back Exercise Therapeutic Rehabilitation led by a Physiotherapist. Restricted class sizes apply.</p> <p>Group exercise sessions billed using item code 560 for Physio &amp; B.E.T.S or 502 for Exercise Physiology</p> <p><b><u>Please contact your individual health fund to confirm cover.</u></b></p> <p><b><u>*No classes 22 Dec 2025 – 2 Jan 2026</u></b></p>
9:00AM		CLINICAL <b>PHYSIO</b> Taylah	CLINICAL <b>PHYSIO</b> Elsa	CLINICAL <b>PHYSIO</b> Taylah	CLINICAL <b>PHYSIO</b> Taylah	
10:00AM	CLINICAL <b>PHYSIO</b> Taylah	CLINICAL <b>PHYSIO</b> Taylah	CLINICAL <b>PHYSIO</b> Elsa	CLINICAL <b>PHYSIO</b> Taylah	CLINICAL <b>PHYSIO</b> Taylah	
11:00AM	<b>B.E.T.S</b> Peter	CLINICAL <b>PHYSIO</b> Elsa			<b>B.E.T.S</b> Peter	
12:00PM	<b>B.E.T.S</b> Peter		CLINICAL <b>EP</b> Annabel		<b>B.E.T.S</b> Peter	
1:00PM	CLINICAL <b>EP</b> Annabel		CLINICAL <b>EP</b> Annabel			
2:00PM					CLINICAL <b>PHYSIO</b> Ellie	
4:00PM	CLINICAL <b>EP</b> Annabel		CLINICAL <b>EP</b> Annabel			
5:00PM	CLINICAL <b>EP</b> Annabel	CLINICAL <b>PHYSIO</b> Elsa	CLINICAL <b>EP</b> Annabel	CLINICAL <b>PHYSIO</b> Elsa		
6:00PM	CLINICAL <b>EP</b> Annabel	CLINICAL <b>PHYSIO</b> Elsa	CLINICAL <b>EP</b> Annabel	CLINICAL <b>PHYSIO</b> Elsa		