

CLINICAL PILATES TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15 am			Clinical Pilates Liz			
8:00 am					Clinical Pilates Liz	
9:00 am			Clinical Pilates Liz		Clinical Pilates Liz	Clinical Pilates Liz / Kane
9:45 am						Clinical Pilates Liz / Kane
10:00 am					Clinical Pilates Liz	
10:30 am						Clinical Pilates Liz / Kane
11:00 am			B2B Postnatal Liz		B2B Postnatal Liz	
12:30 pm	Clinical Pilates Liz	Clinical Pilates Liz	Clinical Pilates Liz			
5:00 pm			Clinical Pilates Kane	Clinical Pilates Kane		
5:45 pm	Clinical Pilates Liz	Clinical Pilates Liz	Clinical Pilates Kane	Clinical Pilates Kane		
6:30 pm	B2B Prenatal Liz	Clinical Pilates Liz	B2B Prenatal Kane	Clinical Pilates Kane		
7:15 pm	B2B Postnatal Liz					

Clinical Pilates Assessment	\$95
Clinical Pilates 1:1	\$100 per session

Clinical Pilates Group

Casual Clinical Pilates Session	\$50
Group Clinical Pilates 5 Pack	\$240 (\$48/class)
Group Clinical Pilates 10 Pack	\$450 (\$45/class)

Clinical Pilates: An individually tailored form of physical exercise that focuses on core stability, optimal posture, breathing, strength and flexibility using a combination of mat-work, reformer and trapeze. All sessions are run by Physiotherapists with post-graduate training in Clinical Pilates. Prior Clinical Pilates assessment required. 45 minute sessions.

Bump2Baby: Prenatal Group

Bump2Baby Casual	\$50
Bump2Baby 10 Pack	\$450 (\$45/class)

Bump2Baby: This specific PRENATAL Clinical Pilates group focuses on issues especially relevant to the prenatal period including pelvic floor strengthening, preparation for labour and for what lies ahead in the postnatal period! 45 minute sessions.

Baby2Beyond: Postnatal Group

Baby2Beyond Casual	\$35
Baby2Beyond 10 Pack	\$300 (\$30/class)

Baby2Beyond: This fun and informative Clinical Pilates group focuses on all health and fitness needs in the early POSTNATAL period. Sessions have a special focus on pelvic floor and abdominal muscle rehabilitation whilst educating on safe return to exercise after baby. Babies are welcome to all sessions conducted on Tuesday, Wednesday and Friday. All levels of fitness catered for 45 minute sessions.

Terms & Conditions

Clinical Pilates, Bump2Baby & Baby2Beyond Packs are non-transferrable between patients or services and non-refundable. Pack sessions must be used within one year of purchase.

Cancellation Policy

24 hours' notice is required to avoid late cancellation fees. Please be aware if you have purchased a pack and fail to give 24 hours' notice your session will automatically be deducted.