RESTORE FUNCTION
PHYSIOTHERAPY

Class Schedule

Pilates
Healthy Bones
Hip & Knee

MONDAY

8:00am	Pilates
1:00pm	Pilates
5:30pm	Pilates
6:15pm	Pilates

TUESDAY

8:00am	Pilates
9:00am	Healthy Bones
1:00pm	Pilates
2:00pm	Hip & Knee
5:30pm	Pilates

WEDNESDAY

7:30am	Healthy Bones
3:45pm	Healthy Bones
4:30pm	Pilates

THURSDAY

7:30am	Pilates
11:00am	Pilates
1:00pm	Hip & Knee
5:30pm	Pilates

FRIDAY

7:30am	Healthy Bones
9:00am	Pilates

SATURDAY

8:00am	Pilates
9:00am	Pilates

Single class
$60
pay as you go

FREE SOCKS
5 class pack
$300
FREE pair of grip socks*

BEST VALUE
10 class pack
$550
save $50

Class packs available for Clinical Equipment Pilates, Hip & Knee and Healthy Bones

*First-time class pack purchases only. An itemised receipt with class dates is provided once all 5 or 10 classes have been attended, for private health claims. Please ask to view our full T&Cs.