

GROUP FITNESS CLINICAL PILATES TIMETABLE 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
8:00AM		CLINICAL PHYSIO	CLINICAL PHYSIO	CLINICAL PHYSIO	CLINICAL EP Annabel	<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>CLINICAL PHYSIO (PILATES) Supervised by our Physiotherapists</p> <p>CLINICAL EP (PILATES) Supervised by our Exercise Physiologist</p> <p>PILATES CASUAL: \$28</p> <p>PILATES CLASS PASSES - claimable only <u>after</u> session has been attended. 5 x PASS: \$130 10 x PASS: \$254</p> <p>BETS DVA / WorkCover / TAC funded rehabilitation led by a Physiotherapist. Restricted class sizes apply.</p> <p><u>GLA:D 6 week Program</u></p> <p>6 week program consisting of education and group exercise targeted to patients with hip and/or knee osteoarthritis. (2 x sessions per week)</p> <p>Group exercise sessions billed using code 560</p> <p><u>please contact your individual health fund to confirm cover.</u></p>
9:00AM		CLINICAL PHYSIO	CLINICAL PHYSIO	CLINICAL PHYSIO	CLINICAL EP Annabel	
10:00AM 10:30AM		CLINICAL PHYSIO	CLINICAL PHYSIO	CLINICAL PHYSIO		
	B.E.T.S Pete				B.E.T.S Pete	
11:00AM 11:30AM						
	B.E.T.S Pete				B.E.T.S Pete	
12:00PM 12:30PM						
1:00PM	CLINICAL EP Annabel		CLINICAL EP Annabel			
3:00PM						
4:00PM	CLINICAL EP Annabel		CLINICAL EP Annabel			
5:00PM	CLINICAL EP Annabel	CLINICAL PHYSIO	CLINICAL EP Annabel	CLINICAL PHYSIO		
6:00PM	CLINICAL EP Annabel	CLINICAL PHYSIO	CLINICAL EP Annabel	CLINICAL PHYSIO		