



prevent

PHYSIOTHERAPY
& WELLNESS CLINIC

Group Pilates

Term booking (10 weeks) \$300

Casual booking \$35 per class

Maximum 4 participants per class

One-on-one class \$80

Private health rebates available

Alternative times available upon request



| AM | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------|--------|---------|-----------|----------|--------|
| 7:45 | | | | Daniela | |
| 8:30 | | | | Daniela | |
| 9:15 | | | | Daniela | |
| 10:00 | | | | Daniela | |
| 10:45 | | | | Daniela | |
| PM | | | | | |
| 2:45 | | Daniela | | | |
| 3:30 | | Daniela | | | |
| 4:30 | | Daniela | | | |
| 5:15 | | Daniela | | | |
| 6:00 | | Daniela | | | |
| 6:45 | | Daniela | | | |

BOOK NOW TO SECURE YOUR PREFERRED TIME