

BONDI CLASS TIMETABLE

COMMENCING January 29th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>STUDIO BUMPS (EB)</i> 7:00 am Hannah	<i>STUDIO FIT (EB)</i> 6:30 am Lara		<i>STUDIO FIT (EB)</i> 6:45am Hannah	<i>STUDIO FIT (EB)</i> 7:00 am Lara	
<i>CLINICAL REHAB (SP)</i> ★ 7:30 am Sarah	<i>CLINICAL REHAB (SP)</i> ★ 7:00 am Sarah	<i>CLINICAL REHAB (SP)</i> ★ 7:00 am Sarah		<i>CLINICAL REHAB (SP)</i> ★ 7:15 am Sarah	
<i>SASSY 60's (& OVER) (EB)</i> 8:30 am Hannah	<i>CLINICAL REHAB (SP)</i> ★ 8:00 am Sarah	<i>STUDIO MUMMA'S (EB)</i> 9:30am Lara	<i>CLINICAL REHAB (SP)</i> ★ 8:00 am Hannah	<i>CLINICAL REHAB (SP)</i> ★ 8:15 am Sarah	<i>CLINICAL REHAB (EB)</i> 8:00 am Hannah
<i>CLINICAL REHAB (SP)</i> ★ 9:30 am Sarah	<i>STUDIO MUMMA'S (EB)</i> 9:30am Hannah	<i>CLINICAL REHAB (SP)</i> ★ 9:30 am Jacquie	<i>SASSY 60's (& OVER) (EB)</i> 9:00 am Clare	<i>CLINICAL REHAB (SP)</i> ★ 9:15 am Sarah	<i>BEAUTIFUL BUMPS (EB)</i> 9:00 am Hannah
<i>STUDIO MUMMA'S (EB)</i> 9:30 am Jacinta	<i>CLINICAL REHAB (SP)</i> ★ 9:30 am Jacquie	<i>MUMMA'S MAT (EB)</i> 10:30 am Fiona	<i>CLINICAL REHAB (SP)</i> ★ 9:30 am Jacquie	<i>STUDIO BUMPS (EB)</i> 9:30 am Hannah	<i>STUDIO MUMMA'S (EB)</i> 10:00 am Hannah
<i>MUMMA'S MAT (EB)</i> 10:30 am Jacinta	<i>MUMMA'S MAT (EB)</i> 10:30 am Hannah	<i>CLINICAL REHAB (SP)</i> ★ 10:30 am Jacquie	<i>STUDIO MUMMA'S (EB)</i> 10:00 am Fiona	<i>MUMMA MAT (EB)</i> 10:30 am Jacinta	<i>CLINICAL REHAB (EB)</i> 11:00 am Hannah
<i>STRENGTH TO STRENGTH</i> ★ 10:30am Simone	<i>CLINICAL REHAB (SP)</i> ★ 11:30 am Jacquie	<i>CLINICAL REHAB (SP)</i> ★ 11:30 am Jacquie	<i>STUDIO MUMMA'S (EB)</i> 11:00 am Fiona	<i>CLINICAL REHAB (SP)</i> ★ 10:30 am Lara	
<i>CLINICAL REHAB (SP)</i> ★ 11:30 am Emma	<i>CLINICAL REHAB (SP)</i> ★ 12:30 pm Sarah	<i>STUDIO BUMPS (EB)</i> 11:30 am Lara	<i>CLINICAL REHAB (SP)</i> ★ 10:30 am Jacquie		
		<i>STRENGTH TO STRENGTH</i> ★ 12:30 pm Simone	<i>CLINICAL REHAB (SP)</i> ★ 11:30 am Emma	<i>STRENGTH TO STRENGTH</i> ★ 11:30 am Simone	
<i>CLINICAL REHAB (SP)</i> ★ 1:30 pm Hannah		<i>STRENGTH TO STRENGTH</i> ★ 4:00 pm Simone	<i>CLINICAL REHAB (SP)</i> ★ 12:30 pm Lara	<i>STRENGTH TO STRENGTH</i> ★ 12:30 pm Simone	
<i>CLINICAL REHAB (SP)</i> ★ 5:30 pm Lara		<i>STUDIO FIT (EB)</i> 5:15 pm Lara	<i>CLINICAL REHAB (SP)</i> ★ 5:30 pm Lara		
<i>STUDIO BUMPS (EB)</i> 6:00 pm Jacinta	<i>CLINICAL REHAB (SP)</i> ★ 6:00 pm Hannah	<i>BEAUTIFUL BUMPS (EB)</i> 6:15 pm Fiona			

★ = Spring Street Clinic

(EB) = Ebley Street Clinic

PRE-ATTENDANCE REQUIREMENTS:

All classes require an initial assessment with a physio prior to attendance to ensure you get the most out of the class, Please chat to our admin team for more details.

CLASS TYPE	DURATION (mins)	DESCRIPTION	CLASS NO. (max)
PRIVATE CLINICAL REHAB	30-45	A 1:1 session with a physio to help target specific goals and build confidence. This will utilise the reformer, trapeze table, chair and other apparatus.	1-2
CLINICAL REHAB	55	Our gold standard clinical rehab program utilises the Reformer, Trapeze Table, Wonder Chair and other apparatus to target core strength, spinal mobility, control and injuries specific to the client	5
STUDIO FIT	55	This class is designed to bridge the gap between Pilates and Gym based classes. We use all of the clinical Pilates equipment, Nordic pulley, weights and treadmill. This class will help to strengthen the core, improve posture and fitness in a small group. (Max 5 participants)	5
MUMMA'S MAT <i>*Babies welcome</i>	55	A mat-based class for women from 6 weeks post birth focused on abdominal and pelvic floor rehabilitation, glute, and postural strength.	8
STUDIO MUMMA'S <i>*Babies welcome</i>	55	The perfect class for mums keen to bridge the gap between Pilates and Gym based classes. This class exercises use of all the clinical Pilates equipment, weights, Nordic pulley and Treadmill to improve muscle tone and strength and target the PF and Core.	5
BEAUTIFUL BUMPS	55	A mat style pregnancy class using balls, bands and small weights to improve pelvic floor awareness, deep core activation, posture and help prevent pelvic girdle pain by maintaining glute strength. A great class for women of all levels who want to improve fitness for labour and beyond.	8
STUDIO BUMPS	55	The perfect class for pregnant mums keen to build strength and fitness in a safe and functional way. This class uses Clinical Pilates equipment, Nordic pulley, weights, and treadmill to build strength, mobility and posture through pregnancy.	5
SASSY 60'S AND OVER	55	A circuit style class for women over 60, targeting bone health, balance, muscle strength, posture, core and pelvic floor strength. This class utilises various pilates and Physio equipment to challenge the body and mind.	8
STRENGTH TO STRENGTH CANCER REHAB	55	A gentle weights-based program for women whilst undertaking or having completed cancer treatment. This class is based on strength ABC research showing reductions in lymphoedema, nausea and improved survival rates and is guided by our cancer specialised Physiotherapist.	4

PRICING

CASUAL CLASSES: (1 x class)

Mat & Studio	\$48.00
Clinical Pilates	\$58.00
Sassy's 60s	\$48.00
Strength to Strength	\$55.00

PACKS: (3-month expiry)

Clinical Rehab (10 pk)	\$520.00
Clinical Rehab (20 pk)	\$995.00
Bumps (10pk)	\$420.00
Studio Fit (10 pk)	\$420.00
Mumma's (10 pk)	\$420.00
Sassy's 60 (10 pk)	\$420.00
Strength to Strength (10 pk)	\$490.00
Strength to Strength (20 pk)	\$950.00

PRIVATE SESSIONS:

Private 30 mins	\$130
Private 45 mins	\$185

HEALTH FUND CLAIMS:

Depending on your health fund, some classes are claimable. Please notify reception if you would like a receipt emailed after each class attendance.

CANCELLATION POLICY

Our cancellation policy states if you cancel with 24 hours notice you will not be charged. Cancelling within 24 hours will result in a 50% cancellation fee for physiotherapy appointments and classes will be charged in full.