

MIRANDA CLASS TIMETABLE
COMMENCING 29TH OF JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		CLINICAL REHAB 7:45 am Virginia		CLINICAL REHAB 7:30 am Fiona	
					CLINICAL REHAB 8:00 am Virginia/Jacinta
STUDIO MUMMA'S 9:30 am Fiona	CLINICAL REHAB 9:00am Dagmar	BEAUTIFUL BUMPS 9:15 am Virginia	MUMMA'S MAT 9:15 am Virginia	STUDIO MUMMA'S 9:30 am Fiona	BEAUTIFUL BUMPS 9:00 am Virginia/Jacinta
	MUMMA'S MAT 10:15 am Virginia	CLINICAL REHAB 10:30 am Dagmar	CLINICAL REHAB 10:15 am Virginia	SASSY 60's AND OVER 10:30 am Dagmar	STUDIO MUMMA'S 10.00 am Virginia/Jacinta
CLINICAL REHAB 12:00pm Fiona		CLINICAL REHAB 11:30 am Dagmar	BEYOND PAIN 11:30 am Mel		
	STUDIO BUMPS 12.00 pm Virginia			CLINICAL REHAB 12.30 pm Dagmar	
			CLINICAL REHAB 1:30 pm Dagmar		
STUDIO BUMPS 5:30 pm Fiona	CLINICAL REHAB 5:30 pm Jacinta		CLINICAL REHAB 5:30 pm Dagmar		

***PRE-ATTENDANCE REQUIREMENTS:**

All of our classes require an initial assessment prior to attendance to ensure you get the most out of the class, Please chat to our 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	4
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 BUMP'S	55	The perfect class for pregnant mums keen to build strength and fitness in a safe and functional way. This class uses the Pilates equipment as well as weights and other equipment in a circuit style to ensure you get stay fit and strong through pregnancy	5
SASSY 60'S AND OVER	55	A circuit style class for women over 60 to target 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
BEYOND PAIN	55	Specifically designed for those women experiencing chronic pelvic pain wanting to exercise in a guided and progressive way. It will include breathing, mobility, fitness and strength utilising the pilates and gym equipment. This class is based on the latest neuroscience research and will include an education component with reading material for participants.	8

PRICING:

PACKS:

(3-month expiry)

Clinical Rehab (10 pk)	\$435.00
Bumps (10pk)	\$340.00
Mumma's (10 pk)	\$340.00
Sassy's 60 (10 pk)	\$340.00

CASUAL CLASSES

(1 x class)

Mat & Circuits	\$38.00
Clinical Pilates	\$48.00
Sassy's 60	\$38.00
Beyond Pain	\$48.00

PRIVATE SESSIONS:

Private 30 mins	\$115
Private 45 mins	\$165

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

PRIVATE & DUET SESSIONS

Private 30 mins –	\$105
Private 45 mins –	\$155

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.