

Burpengary  
 1-3/5 North Shore Drive  
 (07) 3888 6699



## Pilates and Yoga Timetable From 1st July 2024

Class 1 Hour		Monday	Tuesday	Wednesday	Thursday	Friday
Pilates Beginners	Reformer Beginner		9:00am Beginner Reformer*			5:00pm Beginner Reformer
	Matwork Beginner		6:00pm Beginner Reformer	6:00pm Beginner Reformer	9:00am & 6:00pm Beginner Matwork	
Pilates Intermediate	Reformer	10:00 am Intermediate Reformer*		9:00 am Intermediate Reformer	8:00am Intermediate Reformer	
Pilates Advanced	Reformer	7:00am 5:30pm	7:00am* 5:00pm	5:00pm	1:30pm 5:00pm	7:00am*
	Matwork		6:00pm		5:00pm*	
Yoga	Max 10 People					5:30pm

\* Denotes classes under Physiotherapist instruction, all other classes are under instruction of an Exercise Physiologist

## Pilates Pricing and Packages

	Class	Causal Rate	Health Fund Item Number
Pilates and Yoga	Beginner Reformer	\$20 / Class	560/502
	Beginner Matwork	\$15 / Class	560/502
	Intermediate Reformer	\$20 / Class	560/502
	Reformer	\$20 / Class	560/502
	Self Directed Sessions **	\$15 / Session	-
	Matwork	\$15 / Class	560/502
	Yoga	\$10 / Class	-

\*\* Health Fund Item Numbers - Please check with your fund to determine if you are covered

502 - Classes with Exercise Physiologist (Kait, Sonja, Shei)

560 - Classes with Physiotherapist (Justin, Gillan, Jesse, Tom)

### **Beginner Matwork and Reformer:**

- Is for everyone new to matwork and reformer pilates at Moreton All Body Care, even if you have experience elsewhere. This is to determine what class would be suitable for you.
- To claim private Health must have 30 min pilates assessment with a **physio**

### **To Book:**

- Class bookings will be made available online or in clinic and can be made up to 1 week in advance.

### **To Access Online bookings:**

- Please register through the booking gateway on our website [www.moretonallbodycare.com.au](http://www.moretonallbodycare.com.au)
- Once you have registered, please advise us that you have done so and we can open up class booking access for you.
- If you prefer not to use online bookings, you can still book in the clinic with reception staff.
- Loyalty cards are available where after ten classes, you get one for free.

We ask that you arrive 10 minutes before the class starts if paying on the day to allow time for transactions to be processed.