

	West End				
	7am	9.30am	10.30am	6.45pm	7.00pm
Mon	Studiomoves*				
Tues	Private Studiomoves*				
Wed			5pm Studiomoves*	6pm Studiomoves*	Mumamoves Matmoves
Thurs	Studiomoves* Studiomoves*				
Fri	Studiomoves*				
Sat	8.30am Studiomoves*	9.30am Studiomoves*	10.30am Private Studiomoves*	11.30am Private Studiomoves*	

All classes run for 55 mins.

***Bookings are required for studio moves classes as a maximum of 4 participants/class.**

Prior assessment and program are required for studio moves classes.

Bookings are recommended for matwork classes as numbers are limited and minimum participants are required or classes are cancelled. (Minimum of 4 participants for 10 week course bookings or studio class will be run in time slot).

Prices*

Prepaid 10 matmoves/yoga/muma/buba/fitmoves	\$230
Matmoves/yoga/muma/buba/fitmoves class	\$26
Initial consultation	\$130
Private studiomoves/fitmoves class	\$130
10 prepaid private studiomoves/fitmoves	\$1,100
Duo studiomoves class	\$70
10 prepaid Duo studiomoves class	\$600
Group studiomoves class	\$48
10 prepaid studiomoves class	\$420
Home visit/outdoor session/assessment	\$180

*Private health fund rebates may apply. All classes are instructed by a registered Physiotherapist with specialised qualifications in Pilates and Yoga.