



29 Bronte Place, Kingscliff
 Access via Point break Cct, we are behind the car park
 p 6674 4142 m 04 000 234 12
 www.physiofitstudio.com.au

Physio Fit Studio

Timetable July 2017

Monday	Tuesday	Wednesdays	Thursdays	Friday	Saturdays
	6.30-7.15 am Reformer - Mitchell	6.00- 7.00 am Mat Pilates- Frauke	6.30-7.15am Reformer - Mitchell		
	7.15 – 8.00 am Reformer- Mitchell		7.15-8.00am Reformer - Mitchell		
8.15– 9.15 am Mat Pilates –Frauke			8.15 -9.15 Mat Pilates - Mitchell	8.15-9.00am Fun Fitness- Frauke	8.30-9.15am Reformer- Mitchell
9.30- 10.15am Reformer - Frauke	9.15-10.15 am Mat Pilates - Frauke	9.30-10.15am Reformer- Mitchell	9.30 -10.30am Yoga- Jess	9.15– 10.15am Mat Pilates - Frauke/Leona	
		10.15-11.00am Reformer- Mitchell		10.30-11.15am Reformer- Leona	
5.00-5.45pm Reformer- Mitchell	5.15-6.00 pm Reformer- Leona	5.45-6.30pm Reformer- Mitchell	5.15 -6.15 pm Mat Pilates - Frauke		
6.00-7.00pm Mat Pilates - Mitchell	6.15 -7.15 pm Yoga- Jess	6.30-7.15pm Reformer Mitchell	6.30-7.15pm Reformer- Frauke		

Costs

Initial Assessment
 Private session 1 on 1
 Mat Classes (10) / **Fun**(ctional) **Fit**ness incl. TRX/Surf Set

Yoga
 Reformer Classes (6)

\$80 for a new client, \$68 for an existing client
 \$68 for 30 min \$80 for 45 min
 \$22.50 per single class
 \$20 per class in 10 pack= \$200 (3 month expiation)
 \$16 per class in 20 pack= \$320 (3 month expiation)
 \$18 single, \$150 for 10 classes (3 month expiration)
 \$30 per single class
 \$28 per class in 10 pack= \$280 (3 month expiration)
 \$25 per class in 20 pack= \$500 (3 month expiration)
 \$16 Mat and \$25 Reformer= \$41 per week x 10= \$410

Combinations: Reformer & **Mat/Fun** combination:

If you want to purchase our combination option you must click on Packages/Contracts when you are in the payment screen to find the Combination Package.

Please note: You are able to claim costs for classes with your private health fund! You can claim Classes under Physiotherapy classes.

Missed Classes (unless cancelled with 12 hour notice) **will be charged as a full class.**

Cancellations and rescheduling can all be done online!

Book online using www.physiofitstudio.com.au, email me physiofitstudio@yahoo.com.au.

PS: If you are a new Studio client make sure you book Assessment (Private Initial Physio Session) before the start of your classes. You can claim the cost of this one-on-one session with your health fund.