

Clinical Exercise Timetable – January 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.30am-8.30am	Natalie/Bri	Bri	Natalie		Jessie/Letitia	Chelsea/TBC
8.30am-9.30am	Bri	Bri	Natalie/Alex	Jessie	Jessie/Letitia	Chelsea/TBC
9.30am-10.30am	Bri	Bri	Natalie/Alex	Jessie	Jessie/Letitia	Chelsea/TBC
10.30am-11.30am	Bri	Bri	Natalie/Alex	Jessie	Jessie/Letitia	
3.30pm-4.30pm				Chelsea		
4.30pm-5.30pm		4:00pm Megan	Megan	Chelsea		
5.30pm-6.30pm		5:00pm Megan	Megan	Chelsea		
6.30pm-7.30pm		6:00pm Megan	Megan	Chelsea		

PRICING AND CLAIMING INFORMATION

Our team is comprised of Physios and Pilates Instructors. With this variation comes different class costs and options in terms of claiming.

If your session is run by a PHYSIO, the cost is \$50. These sessions are claimable through Private Health funds should you have an appropriate level of cover. The code for these sessions is 560 (with the exception of HCF, who are 561, unless specified otherwise).

If your session is run by a PILATES INSTRUCTOR, the cost is \$42. We have subsidized these classes as they are not eligible for a rebate from the health funds.

The instructors and their qualifications are listed below:

- Jessie, Natalie, Chelsea, Letitia, and Bri – PHYSIO
- Megan - PILATES INSTRUCTOR

As always, please check with your individual health fund for specific information on your rebate. If you have any issues or further questions, please do not hesitate to contact us.



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