



Synergy Healthworks Group Classes Term 1, 2021

Monday	Tuesday	Wednesday	Thursday	Friday
6.00am Clinical Reformer Class - Liv	6.00am Clinical Reformer Class- Bridget	6.00am Fit Reformer Class- Caz	6.00am Matwork Core Class GUNDAGAI - Tess	6.00am Clinical Reformer Class - Liv
	6.00am Semi Private Reformers - Tom			7.00am Clinical Reformer Class - Ally
	7.00am Clinical Reformer Class - Bridget	7.00am Fit Reformer Class- Caz	6.30am Semi Private Reformers - Tom	
9.30am Strength and Balance Class - Kylie	9.00am Semi Private Reformers - Bridget	8.30am Strength and Balance Class - Kylie	8.00am Semi Private Reformers - Tom	7.00am Matwork Core Class - Liv
10.30am Strength and Balance Class - Kylie	9.30am Kids Welcome Matwork Core Class GUNDAGAI - Alex H	9.30am Fit Reformer Class- Caz	9.30am Matwork Core Class GUNDAGAI - Simone	
11.00am Clinical Reformer Class - Liv	10.30am Clinical Reformer Class - Bridget	10.30am Fit Reformer Class- Caz	9.30 Mums and Bubs Core Class - Alex H	9.30am Matwork Core Class - Liv
1.00pm Fit Reformer Class - Caz		10.30am Mums and Bubs Core Class - Alex H	10.30am Clinical Reformer Class - Alex H	10.00am Gentle Clinical Reformer Class - Ally
2.00pm Fit Reformer Class - Caz		11.45am Strength and Balance Class - Kylie	11.30am Gentle Barre - Alex H	
2.00pm Strength and Balance Class - Kylie		12.30pm Clinical Reformer Class - Alex H		12.00pm Clinical Reformer Class - Liv
4.15pm Youth Matwork Core Class - Simone	3.30pm Kids Matwork Core Class GUNDAGAI - Alex H	4.15pm Youth Matwork Core Class - Simone		2.00pm Strength and Balance Class - Anna
4.15pm Fit Reformer Class - Caz	4.15pm Matwork Core Class GUNDAGAI - Alex H	4.15pm Clinical Reformer Class - Ally	3.30pm Kids Matwork Core Class GUNDAGAI - Simone	2.00pm Clinical Reformer Class - Ally
5.15pm Matwork Core Class - Simone	4.15pm Clinical Reformer Class - Ally	5.15pm Matwork Core Class - Bridget	4.15pm Matwork Core Class GUNDAGAI - Bridget	4.15pm Clinical Reformer Class - Alex H
5.15pm Fit Reformer Class- Caz	5.15pm Matwork Core Class - Liv	5.15pm Clinical Reformer Class - Ally	5.15pm Matwork Core Class - Liv	5.15pm Barre - Alex H
6.15pm Matwork Core Class - Simone	5.15pm Clinical Reformer Class - Ally	6.15pm Matwork Core Class - Bridget	6.15pm Clinical Reformer Class - Liv	5.30pm Semi Private Reformers - Simone
6.15pm Fit Reformer Class- Caz	6.15pm Clinical Reformer Class - Liv	6.15pm Barre - Alex H		

Term 1 starts Monday 1st February 2021

- Strength and Balance Class - \$200 per term (health fund rebatable)
- Clinical Reformer Class - \$300 per term (health fund rebatable)
- Fit Reformer Class - \$250 per term (not health fund rebatable)
- Matwork Core Class - \$250 per term (health fund rebatable)
- Barre Class - \$250 per term (health fund rebatable)
- Semi Private Reformers - \$570 per term (health fund rebatable)
- Online Pre- Recorded Pilates Classes- \$10 per week on subscription
- Kids Matwork Core Classes - \$180 per term (health fund rebatable 30 minutes duration)
- Youth Matwork Core Classes - \$200 per term (health fund rebatable)

All classes are 45 mins in duration

Join 2 classes per week and receive 10% off OR 3 classes per week and receive 20% off