



## TIMETABLE

	Monday	Wednesday	Friday	Saturday
7:30	Clinical 60 1:2	Clinical 60 1:2	Clinical 60 1:2	
8:00				
8:30	Physio	Physio	Physio	Clinical 60 1:4
9:00	Physio	Physio	Physio	MTB 60 1:4
9:30	Physio	Physio	Physio	
10:00	Physio	Physio	Clinical 60 1:2	MP 60 1:4
10:30	Physio	Physio		
11:00	Physio	Physio	Clinical 60 1:2	
11:30		MP 60 1:4		
12:00				
12:30			MP 60 1:4	
1:00				
1:30			Physio	
2:00	MP 60 1:4		Physio	
2:30			Physio	
3:00	Clinical 60 1:2	Clinical 60 1:2		
3:30				
4:00	Physio	Clinical 60 1:2		
4:30	Physio			
5:00	Physio	Physio		
5:30	Physio	Physio		
6:00	MTB 60 1:4	Physio		
6:30			MTB 60 1:4	
7:00	Clinical 60 1:2			
7:30			Physio	
8:00		Physio		
8:30				

### LEGEND

- MP:** Mama Clinical (postnatal)
- MTB:** Mama To Be Clinical (pregnancy)
- 1:2** 1 x Physio/teacher per 2 clients
- 1:4** 1 x Physio/teacher per 4 clients
- 60** 60 minutes



**Mama To Be Pilates Classes are for pregnant women beyond 12 weeks.**

Classes on Monday and Wednesday night are led by physiotherapist, **Annette Beauchamp**.  
Classes on Saturday morning are led by Pilates teacher **Shiloh Savage**.

**Mama Pilates Classes are for women who have babies up to 12 months old.**

Classes on Monday, Wednesday and Friday are led by physiotherapist, **Annette Beauchamp**  
Classes on Saturday are led by Pilates teacher, **Shiloh Savage**.

**Clinical Pilates Classes are for women and men who have injuries requiring rehabilitation and for general fitness.**

This includes Prolapse Safe and Bone Density classes.  
Classes are led by physiotherapist, **Annette Beauchamp**.  
**Shiloh Savage** leads Saturday morning classes.

**Assessment prior to joining a class**

Health insurance companies require an assessment prior to participating in classes.  
SHE Physio Pilates also requires an assessment prior to participating regardless of insurance status.  
This is both a safety requirement and important for setting goals for pilates and exercise.

**Class Costs**

Mama To Be and Mama Pilates Physiotherapist \$35 per class and \$310 for a 10-pack  
Pilates Teacher \$26.50 per class  
Clinical Pilates/ Exercise \$67 per class and \$620 per 10-pack.

**BOOKINGS ONLINE**

**shephysiopilates.com**  
**0408 465 312**