

Online Group Class Schedule

SportsCare and Physiotherapy Dickson and Weston Clinics

Contact the clinic for more details and to book your spot.

DICKSON CLINICS (COWPER ST AND WOOLLEY ST)				
Monday	Tuesday	Wednesday	Thursday	Friday
7am – Pilates Class (with Georgia)	12:30pm – Pilates Class (with Reuben) 5:30pm – Pilates Class (with Michael)	12:30pm – Pilates Class (with Alisa)	6pm – Pilates Class (with Michael)	N/A
5:30pm – Knee 1 Class (with Sam)	5pm – RunStrong Class (with Reuben)	4:20pm – Move Like a Girl Class (with Georgia for teenage girls)		
		5:20pm – Knee 2 Class (with Nyrie)		
WESTON CLINIC				
Monday	Tuesday	Wednesday	Thursday	Friday
6:30pm – Mat Class	7:10am – Mobility Class	5:30pm – Mat Class	7:10am – Mobility Class	7:10am – Mobility class
	6pm – Mat Class			
DICKSON CLINIC PRICES		WESTON CLINIC PRICES		
Prepaid Term: <ul style="list-style-type: none"> • 10x Prepaid Mobility Classes: \$150 • 10x Prepaid Pilates Sessions: \$252 • 10x Prepaid Knee Rehab Classes: \$180 • 10x Prepaid Move Like a Girl Sessions: \$180 		Prepaid Term: <ul style="list-style-type: none"> • 5x Prepaid Equipment/Mat Classes: \$150 (valid for 6 weeks) • 10x Prepaid Equipment/Mat Classes: \$280 (valid for 12 weeks) • 10x Prepaid Mobility Classes: \$150 		

<p>Pay Per Session:</p> <ul style="list-style-type: none"> • \$20 per Class (except Mobility Classes) • \$15 per Mobility Class 	<p>Pay Per Session</p> <ul style="list-style-type: none"> • Individual Class: \$34 per session • Mobility Class: \$20 per session
<p>Private health rebates may be available, please contact your clinic for more information.</p>	
<p>TERM DATES</p>	
<p>Term 3, 2021 20 July – 26 September 2021</p> <p>No classes: 27 September – 11 October 2021</p> <p>Term 4, 2021 12 October – 19 December 2021</p>	
<p>CONTACT OUR DICKSON CLINICS</p>	<p>CONTACT OUR WESTON CLINIC</p>
<p>Dickson Woolley Street Phone: (02) 6248 0473 Email: dickson@sportscarephysio.com.au Address: Suite 2/55 Woolley St, Dickson ACT 2602 Open: Monday– Friday</p> <p>Dickson Cowper Street Phone: (02) 6248 9841 Email: dickson@sportscarephysio.com.au Address: Dickson Park Professional Centre, Cnr Antill and Cowper Streets Dickson, ACT 2602 Open: Monday – Saturday</p>	<p>Weston Phone: (02) 6288 3006 Email: weston@sportscarephysio.com.au 16/41-43 Liardet Street, Weston, ACT 2611 Open: Monday – Saturday</p>