Physio-led Pilates, Strength & Rehab Studio





NEW TO LOFT? START HERE

Every LOFT journey starts one-on-one with a physio

Two short steps, so your program is built around you from day one.

1 STEP ONE

Movement Screen **$95**

30-minute 1:1 physio assessment

- ✓ Talk through your goals
- ✓ Assess how you move
- ✓ Create your personalised program

→

2 STEP TWO

QuickStart **$220**

2 × 30-minute 1:1 physio sessions

- ✓ Learn your program safely
- ✓ Get confident on the equipment Be
- ✓ ready to join classes

Then choose a membership or class pack – see over

Choose how you train

Same price for every class, whichever type you book (not including open studio sessions)

Clinical classes
Led by a physiotherapist

Fitness classes
Ledbyaphysiotherapist or Pilates instructor

Memberships

Billed weekly

MOST POPULAR

2 classes a week
$60
per week
$30 per class

3 classes a week
$75
per week
$25 per class

1 class + 1 Open Studio
$50
per week
Mix guided + solo

Most members train twice a week – it's the sweet spot for real progress.

Class packs – no weekly commitment

Single class
Casual drop-in
$45

10-class pack
$36 per class
Valid 6 months from purchase
$360

Open Studio

Train on your own program – independent studio use, no instructor

$17
1 session a week

$39
3 sessions a week

$150
10-session pack
$15 per session