

# Treatments

## Advanced Myotherapy

DAY	MYOTHERAPIST	TIME
<b>MONDAY</b>	Emma Hayes	9am–3pm
<b>TUESDAY</b>	Shae Lillywhite	8am–3pm
	Emma Hayes	9am–3pm
<b>WEDNESDAY</b>	Emma Hayes	9am–3pm
<b>THURSDAY</b>	Shae Lillywhite	8am–3pm
	Emma Hayes	9am–3pm

## Myotherapy

DAY	MYOTHERAPIST	TIME
<b>MONDAY</b>	Lauren Rogers	8am–1pm
<b>TUESDAY</b>	Caitlin Smith	3pm–8pm
<b>WEDNESDAY</b>	Caitlin Smith	8am–3pm
<b>THURSDAY</b>	Jacinta Rich	8am–12pm
	Caitlin Smith	3pm–8pm
<b>FRIDAY</b>	Caitlin Smith	9am–5pm

## Remedial Massage

DAY	THERAPIST	TIME
<b>MONDAY</b>	Virginia Kalms	9am–3pm
	Tash Gilbert (Advanced)	9am–3pm
	Amy Gerreyn	3pm–8pm
<b>TUESDAY</b>	Daniel Green	3pm–8pm
<b>WEDNESDAY</b>	Daniel Green	8am–3pm
	Jessi Dinan	5pm–8pm
<b>THURSDAY</b>	Tash Gilbert (Advanced)	9am–3pm
	Lisa Wolsgrove	12pm–3pm
	Daniel Green	3pm–8pm
	Virginia Kalms	3pm–8pm
<b>FRIDAY</b>	Daniel Green	9am–5pm
	Amy Gerreyn	9am–5pm
	Becky Kennedy (Advanced)	10am–3pm
<b>SATURDAY</b>	Lisa Wolsgrove	8am–11am
	Jessi Dinan	8am–1pm
	Daniel Green	8am–1pm

# Classes

## Mat Pilates

DAY & TYPE	INSTRUCTOR	TIME
<b>MONDAY</b>		
All Levels	Joanna Nicholls	10:30am
All Levels	Emma Hadaway	5:30pm, 7:30pm
<b>TUESDAY</b>		
All Levels	Joanna Nicholls	9:30am
Over 50s	Joanna Nicholls	10:30am
All Levels	Nichola Schapendonk	7:30pm
<b>WEDNESDAY</b>		
Family Friendly	Joanna Nicholls	9:30am
All Levels	Joanna Nicholls	10:30am
All Levels	Sarah Schoknecht	5:30pm, 7:30pm
<b>THURSDAY</b>		
Over 50s	Joanna Nicholls	9:30am
Family Friendly	Joanna Nicholls	10:30am
All Levels	Joanna Nicholls	11:30am
All Levels	Emma Hadaway	5:30pm, 7:30pm
<b>FRIDAY</b>		
All Levels	Emmie Vare	11:30am
<b>SATURDAY</b>		
All Levels	Emmie Vare	9:30am, 10:30am

## Studio Pilates

DAY	INSTRUCTOR	TIME
<b>MONDAY</b>	Beck Szewczuk	9:30am, 10:30am, 11:30am, 4:30pm, 5:30pm, 6:30pm, 7:30pm
<b>TUESDAY</b>	Beck Szewczuk	9:30am, 10:30am, 11:30am, 4:30pm, 5:30pm, 6:30pm
<b>THURSDAY</b>	Beck Szewczuk	9:30am, 10:30am, 11:30am, 4:30pm, 5:30pm, 6:30pm
<b>FRIDAY</b>	Kim Rowe	9:30am, 10:30am, 11:30am
<b>SATURDAY</b>	Kim Rowe	8:30am, 9:30am, 10:30am

## Barre' Pilates

DAY & CLASS	INSTRUCTOR	TIME
<b>MONDAY</b>		
Family Friendly	Joanna Nicholls	9:30am
All Levels	Emma Hadaway	6:30pm
<b>TUESDAY</b>		
All Levels	Nichola Schapendonk	6:30pm
<b>WEDNESDAY</b>		
Family Friendly	Emmie Vare	9:30am
All Levels	Emmie Vare	10:30am
All Levels	Sarah Schoknecht	6:30pm
<b>THURSDAY</b>		
All Levels	Emma Hadaway	6:30pm
<b>FRIDAY</b>		
Family Friendly	Emmie Vare	9:30am
All Levels	Emmie Vare	10:30am
<b>SATURDAY</b>		
All Levels	Emmie Vare	8:30am

## Private Pilates

DAY & TYPE	INSTRUCTOR	TIME
<b>MONDAY</b>		
Mat Pilates	Joanna Nicholls	11:30am
Studio Pilates	Beck Szewczuk	12:30pm
<b>TUESDAY</b>		
Mat Pilates	Joanna Nicholls	11:30am
Studio Pilates	Beck Szewczuk	12:30pm, 3:30pm, 7:30pm
<b>WEDNESDAY</b>		
Mat Pilates	Joanna Nicholls	11:30am
<b>THURSDAY</b>		
Studio Pilates	Beck Szewczuk	12:30pm, 3:30pm, 7:30pm
Mat Pilates	Joanna Nicholls	12:30pm
<b>FRIDAY</b>		
Studio Pilates	Kim Rowe	12:30pm
<b>SATURDAY</b>		
Studio Pilates	Kim Rowe	11:30pm

**NOTE: Please excuse us if we call to reschedule your Pilates class, all group classes require 2 clients (minimum) to run.**

## HOW TO BOOK

1. Visit [www.smaps.com.au](http://www.smaps.com.au)
2. Fill out the **NEW CLIENT** form
3. Click **BOOK NOW** and follow the prompts

**NOTE:** online bookings can be made up to 2 hours prior to a class starting. A strict 6-hour notice on all cancellations applies.

## Save money with SMAPS PILATES CREDIT

SMAPS CREDIT can be purchased (with a minimum spend of \$180) to receive \$4 OFF all our group Pilates classes\* with NO EXPIRY DATE.  
(\*EXCLUDING PRIVATE PILATES)

### Sharing is caring: want to save money?

Bring a friend along to your PRIVATE PILATES class and share the cost!

All SHARED PRIVATE PILATES classes MUST be booked direct with the studio.

## Treatments & Classes Price List

TYPE	DURATION	COST
ADVANCED MYOTHERAPY	45mins	\$94
MYOTHERAPY	45mins	\$88
ADVANCED REMEDIAL	45mins	\$80
REMEDIAL MASSAGE	45mins	\$78
MAT/BARRE' PILATES	50mins	\$26
STUDIO PILATES	50mins	\$39
PRIVATE STUDIO PILATES	45mins	\$80
PRIVATE MAT PILATES		
Private Pre/Postnatal	45mins	\$74
Private Mat	45mins	\$74

**NEWBIES:** ENJOY YOUR FIRST MAT OR BARRE CLASS HALF PRICE  
**SHARING IS CARING:** CALL US DIRECT TO BOOK A PRIVATE CLASS WITH YOUR BESTIE



"This is my tribe! So helpful, so much fun, authentic care and great explanations. Professionalism at its absolute best with love and fun at the top of the list!"

## AT SMAPS, WE TAKE OUR HEALTH & HYGIENE SERIOUSLY

Due to the recent concerns with COVID-19 we have made the following changes:

- All clients MUST complete a COVID pre-screen BEFORE attending SMAPS. This is sent via text prior to your appointment.
- SMAPS prefers contactless "Tap & Go" or "Over the Phone" payment where possible.
- Please cancel with **6 HOURS** notice (to avoid a 50% late cancellation fee) if you or anyone in your household has had any **FLU-LIKE SYMPTOMS**, has returned from international travel in the past 14 days or has been in contact with any confirmed cases of COVID-19.
- Class sizes have changed to the following:
  - PRIVATE PILATES 2 max clients
  - STUDIO PILATES 4 max clients
  - MAT/BARRE PILATES 5 max clients

## Opening Hours

Monday	8am-8pm
Tuesday	8am-8pm
Wednesday	8am-8pm
Thursday	8am-8pm
Friday	9am-5pm
Saturday	8am-1pm
Sunday	Closed

## Somerville Myotherapy & Pilates Studio

Factory 1, 37 Simcock St  
Somerville VIC 3912

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Website: [www.smaps.com.au](http://www.smaps.com.au)



# SOMERVILLE MYOTHERAPY & PILATES STUDIO

# Class & Treatment Timetable

AUTUMN/WINTER  
2021

# FIND YOUR INNER STRENGTH