

Knox Clinical Exercise Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 AM							
06:15 AM					6:15 - 7:00am		
06:30 AM					Michelle		
06:45 AM					Mat Pilates*		
08:00 AM						8:00 - 8:45am	
08:15 AM						Michelle	
08:30 AM	8:30 - 9:15am					Mat Pilates*	
08:45 AM	Olivia						
09:00 AM	Reformer Pilates*	9:00 - 9:45am					
09:15 AM		Lachy					
09:30 AM	9:30 - 10:15am	Clinical Exercise			9:30 - 10:15am		
09:45 AM	Olivia				Lachy		
10:00 AM	Reformer Pilates*			10:00 - 10:45am	Clinical Exercise		
10:15 AM				Amy			
10:30 AM	10:30 - 11:15am			Clinical Pilates*			
10:45 AM	Olivia			10:45am - 11:30am			
11:00 AM	MUMS & BUBS*			Amy			
11:15 AM				Clinical Pilates*			
11:30 AM				11:30 - 12:15pm			
11:45 AM				Alysia			
12:00 PM				Yoga Flow*	12:00 - 12:45pm		
12:15 PM	12:15 - 1:00pm				Alysia		
12:30 PM	Amy				Yin Yoga *		
12:45 PM	Clinical Pilates*						
01:00 PM	1:00 - 1:45pm			1:00 - 1:45pm			
01:15 PM	Amy			Michelle			
01:30 PM	Clinical Pilates*			Prime Pilates*			
01:45 PM							
02:00 PM			2:00 - 2:45pm				
02:15 PM			Olivia				
02:30 PM			Reformer Pilates*				
02:45 PM							
03:00 PM			3:00 - 3:45pm				
03:15 PM			Olivia				
03:30 PM			Reformer Pilates*				
03:45 PM							
04:00 PM	4:00 - 4:45pm		4:00 - 4:45pm		4:00 - 4:45pm		
04:15 PM	Michelle		Olivia		Lachy		
04:30 PM	Prime Pilates*		Reformer Pilates*		Clinical Exercise		
04:45 PM							
05:00 PM	5:00 - 5:45pm		5:00 - 5:45pm				
05:15 PM	Michelle		Olivia				
05:30 PM	Mat Pilates*		Reformer Pilates*				
05:45 PM							
06:00 PM	6:00 - 6:45pm		6:00 - 6:45pm				
06:15 PM	Michelle		Olivia				
06:30 PM	Mat Pilates*		Reformer Pilates*				
06:45 PM							
07:00 PM	7:00 - 7:45pm		7:00 - 7:45pm				
07:15 PM	Michelle		Michelle				
07:30 PM	Mat Pilates*		Mat Pilates*				
07:45 PM							
08:00 PM							

Bookings essential for all classes

*Amy, Olivia, Michelle & Alysia's classes are NOT private health rebatable.

** Alysia's Yoga follows the School Term

Pilates, Clinical Pilates and Clinical Exercise capacity 5

Mat Pilates capacity 6

Prime Pilates - low level class capacity 6

Yoga class capacity 10+