

Knox Clinical Exercise Studio							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 AM							
06:15 AM							
06:30 AM							
06:45 AM							
08:00 AM							
08:15 AM							
08:30 AM							
08:45 AM							
09:00 AM		9:00 - 9:45am					
09:15 AM		Jasmine					
09:30 AM	9:30 - 10:15am	Clinical Exercise			9:30 - 10:15am		
09:45 AM	Michelle				Ben K		
10:00 AM	Reformer Pilates*	10:00-10.45		10:00 - 10:45am	Clinical Exercise		
10:15 AM		Jasmine		Amy			
10:30 AM		Mountain movers		Clinical Pilates*			
10:45 AM				10:45am - 11:30am			
11:00 AM	11:00 - 11:45am			Amy			
11:15 AM	Michelle			Clinical Pilates*			
11:30 AM	Prime Pilates*			11:30 - 12:15pm			
11:45 AM				Alysia			
12:00 PM				Yoga Flow*			
12:15 PM	12:15 - 1:00pm						
12:30 PM	Amy						
12:45 PM	Clinical Pilates*						
01:00 PM				1:00 - 1:45pm			
01:15 PM				Michelle			
01:30 PM				Prime Pilates*			
01:45 PM							
02:00 PM							
02:15 PM							
02:30 PM	2:30-3:15pm						
02:45 PM	Jasmine						
03:00 PM	GLA:D						
03:15 PM							
03:30 PM							
03:45 PM							
04:00 PM							
04:15 PM							
04:30 PM							
04:45 PM							
05:00 PM							
05:15 PM				5:15-6:00PM			
05:30 PM				Jasmine			
05:45 PM				Clinical Exercise			
06:00 PM							
06:15 PM							
06:30 PM							
06:45 PM							
07:00 PM							
07:15 PM							
07:30 PM							
07:45 PM							
08:00 PM							
Bookings essential for all classes							
*Amy, Jordan, 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+							