

UNLIMITED Class schedule - ROWVILLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 AM	7:00 - 7:45am		7:00 - 7:45am				
07:45 AM	Alysia - Studio Pilates*		Alysia - Studio Pilates*				
08:30 AM						8:30 - 9:15am	
08:45 AM						Olivia	
09:00 AM						Studio Pilates*	
09:15 AM						9:15- 10:00am	
09:30 AM		9:30 - 10:15am				Olivia	
09:45 AM		Amy				Studio Pilates*	
10:00 AM		Clinical Pilates*	10:00 - 10:45 am			10:00 - 10:45am	
10:15 AM		10:15 - 11:00am	Alysia			Olivia	
10:30 AM		Amy	Studio Pilates*			Studio Pilates*	
10:45 AM		Clinical Pilates*				10:45 - 11:30am	
11:00 AM						Olivia	
11:15 AM						Studio Pilates*	
11:30 AM							
11:45 AM							
12:00 PM							
12:15 PM							
12:30 PM							
12:45 PM							
01:00 PM		1:00 - 1:45pm					
01:15 PM		Amy					
01:30 PM		Clinical Pilates*					
01:45 PM							
02:00 PM							
02:15 PM							
02:30 PM							
02:45 PM							
03:00 PM							
03:15 PM							
03:30 PM							
03:45 PM							
04:00 PM							
04:15 PM							
04:30 PM	4:30 - 5:15pm						
04:45 PM	Olivia						
05:00 PM	Studio Pilates*						
05:15 PM							
05:30 PM	5:30 - 6:15pm						
05:45 PM	Olivia						
06:00 PM	Studio Pilates*						
06:15 PM							
06:30 PM	6:30 - 7:15pm						
06:45 PM	Olivia						
07:00 PM	Studio Pilates*						
07:15 PM							
07:30 PM							

Bookings essential for all classes

Classes subject to availability

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

Studio Pilates & Clinical Pilates capacity 4