

Knox Clinical Exercise Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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			Amy		
10:00 AM	Reformer Pilates*	10:00-10.45		Clinical Pilates*		
10:15 AM		Jasmine		10:15 - 11:00am		
10:30 AM		Mountain movers		Amy		
10:45 AM				Clinical Pilates*		
11:00 AM	11:00 - 11:45am			11:00 - 11:45am		
11:15 AM	Michelle			Amy		
11:30 AM	Prime Pilates*			Clinical Pilates*		
11:45 AM						
12:00 PM						
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, Michelle & Alysia's classes are NOT private health rebatable.**

Pilates, Clinical Pilates and Clinical Exercise capacity 5

Mat Pilates capacity 6

Prime Pilates - low level class capacity 6