Knox Clinical Exercise Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:00 AM						
08:15 AM						
08:30 AM						
08:45 AM						
09:00 AM						
09:15 AM						
09:30 AM	9:30 - 10:15am Michelle Reformer Pilates*			9:30 - 10:15am Amy Clinical Pilates*		
09:45 AM						
10:00 AM		10:00-10.45 Jasmine Mountain movers				
10:15 AM				10:15 - 11:00am Amy Clinical Pilates*	10:15 - 11:00am Alysia Clinical Pilates*	
10:30 AM						
10:45 AM						
11:00 AM	11:00 - 11:45am Michelle Prime Pilates*			11:00 - 11:45am Amy Clinical Pilates*		
11:15 AM						
11:30 AM						
11:45 AM						
12:00 PM						
12:15 PM	12:15 - 1:00pm Amy Clinical Pilates*					
12:30 PM						
12:45 PM						
01:00 PM				1:00 - 1:45pm Michelle Prime Pilates*		
01:15 PM						
01:30 PM						
01:45 PM						
02:00 PM						
02:15 PM						
02:30 PM	2:30-3:15pm Jasmine GLA:D					
02:45 PM						
03:00 PM						
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 Jasmine Clinical Exercise		
05:30 PM						
05:45 PM						
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