UNLIMITED Class schedule - KNOX

	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						
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						
10:15 AM				10:15 - 11:00am Amy Clinical Pilates*	10:15 - 11:00am Alysia Studio 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						
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07:45 PM						
08:00 PM						

Bookings essential for all classes
Classes subject to availability
***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+