

Clinical Pilates Timetable

Additional class times are available depending on numbers.

Please advise our friendly reception staff if you have any suggestions or if these times do not suit.

Classes are \$40 and a rebate applies through your private health fund if you have physio cover

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am - 8:00 am	Louise Pilates					
10:00 am - 11:00 am					Matt Pilates	
10:30 am - 11:30 am						Louise Pilates
11:00 am - 12:00 pm					Matt Pilates	
5:00 pm - 6:00 pm		Matt Pilates	Louise Pilates			
6:00 pm - 7:00 pm	Kylie Pilates	Matt Pilates		Matt Pilates		