

# Pirie St - Group Exercise Timetable

Blue Classes: Studio 1 (Upstairs)

Yellow Classes: Studio 2 (Downstairs)

PilatesX: Studio 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>PILATES X</b> 6:00-6:50am		<b>PILATES X</b> 6:00-6:50am		
Chris 6:45-7:30am	Ellie 6:45-7:30am	Ellie 6:45-7:30am	Chris 6:45-7:30am	Claudia 6:45-7:30am	
<b>PILATES X</b> 6:50-7:40am	<b>PILATES X</b> 6:50-7:40am	Mat 6:45-7:30am	<b>PILATES X</b> 6:50-7:40am	<b>PILATES X</b> 6:50-7:40am	
Chris 7:30-8:15am	Ellie 7:30-8:15am	Ellie 7:30-8:15am	Chris 7:30-8:15am	Claudia 7:30-8:15am	
<b>PILATES X</b> 7:40-8:30am	<b>PILATES X</b> 7:40-8:30am	Mat 7:30-8:15am	<b>PILATES X</b> 7:40-8:30 am	<b>PILATES X</b> 7:40-8:30am	
Chris 8:15-9:00am	Ellie 8:15-9:00am	Oscar 8:15-9:00am		Claudia 8:15-9:00am	Chris 8:15-9:00am
Oscar 10:00-10:45am	Chris 10:00-10:45am	Oscar 10:00-10:45am	Oscar 10:00-10:45am		<b>PILATES X</b> 8:30-9:20am
		Oscar 10:45-11:30am			<b>PILATES X</b> 9:20-10:10am
Chris 11:30-12:15pm	Marcia 11:30-12:15pm		Claudia 11:30-12:15pm	Oscar 11:30-12:15pm	
Chris 12:15-1:00pm	Ellie 12:15-1:00pm	Chris 12:15-1:00pm	Claudia 12:15-1:00pm	Oscar 12:15-1:00pm	
<b>PILATES X</b> 12:15-1:05pm	<b>PILATES X</b> 12:15-1:05pm	<b>PILATES X</b> 12:15-1:05pm	<b>PILATES X</b> 12:15-1:05pm	<b>PILATES X</b> 12:15-1:05pm	
	Oscar 1:00-1:45pm	Chris 1:15 - 2:00pm	Marcia 1:00-1:45pm	Claudia 1:00-1:45pm	
<b>PILATES X</b> 1:05pm-1:55pm	<b>PILATES X</b> 1:05pm-1:55pm	<b>PILATES X</b> 1:05pm-1:55pm	<b>PILATES X</b> 1:05pm-1:55pm	<b>PILATES X</b> 1:05pm-1:55pm	
Marcia 2:15-3:00pm					
				<b>PILATES X</b> 4:00pm-4:50pm	
Oscar 4:30-5:15pm	<b>PILATES X</b> 4:40pm-5:30pm	Marcia 4:30-5:15pm	<b>PILATES X</b> 4:40pm-5:30pm	<b>PILATES X</b> 4:50pm-5:40pm	
Chris 4:45-5:30pm	Oscar 4:45-5:30pm	Chris 4:45-5:30 pm	Claudia 4:45-5:30pm	Ellie 4:45-5:30pm	
<b>PILATES X</b> 5:30-6:20pm	<b>PILATES X</b> 5:30-6:20pm	<b>PILATES X</b> 5:30-6:20 pm	<b>PILATES X</b> 5:30-6:20 pm		
Marcia 5:15-6:00pm	Oscar 5:30-6:15pm	Marcia 5:15-6:00pm	Claudia 5:30-6:15pm		
Marcia 6:00-6:45pm	Mat 6:15-7:00pm	Marcia 6:00-6:45pm	Claudia 6:15-7:00pm		
<b>PILATES X</b> 6:20-7:10pm	<b>PILATES X</b> 6:20-7:10pm	<b>PILATES X</b> 6:20-7:10pm	<b>PILATES X</b> 6:20-7:10pm		

# Pirie St – Group Clinical Exercise and PilatesX Information & How to Book

## What's the difference between Clinical Pilates and PilatesX?

Our Group Clinical Exercise (Pilates) Classes are run by our physiotherapists and involve individualised exercise programs for each patient, utilising the pilates reformers as well as the other machines and equipment that we have in our studios.

Our PilatesX classes are run by highly experienced pilates instructors and are reformer-based group classes with a set exercise program for the whole class.

Booking Information Below 😊

### Clinical Pilates

1. Book into a 1-hour Clinical Exercise (Pilates) Assessment - \$93 (code 500)
2. Join the 45-minute group classes! - \$28.50 single class payments or \$250 10-class-pass (code 560)
3. We also offer 1:1 30-minute Clinical Exercise appointments - \$78 (code 505)
4. To book: call (08) 7221 9110 or book online at [www.physioxtra.com/booking](http://www.physioxtra.com/booking)
5. All Clinical Exercise appointments (1:1 and group classes) are claimable on private health insurance.

### PilatesX

1. 50-minute reformer pilates classes led by highly experienced instructors
2. All bookings and payments are done through the PilatesX App. All Membership and Payment options are available to view in the app, as well as availability of classes. Download & book now!



3. For more information, please visit [www.pilatesx.com.au](http://www.pilatesx.com.au)