

Pirie St - Group Exercise Timetable

Blue Classes: Studio 1 (Upstairs)

Yellow Classes: Studio 2 (Downstairs)

PilatesX: Studio 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PILATES X 6:00-6:50am	PILATES X 6:30-7:20am	PILATES X 6:00-6:50am		
Henry 6:45-7:30am	Chris 6:45-7:30am	Millie 6:45-7:30am	Chris 6:45-7:30am	Henry 6:45-7:30am	
PILATES X 6:50-7:40am	PILATES X 6:50-7:40am	PILATES X 7:20-8:10am	PILATES X 6:50-7:40am	PILATES X 6:50-7:40am	
Henry 7:30-8:15am	Chris 7:30-8:15am	Millie 7:30-8:15am	Chris 7:30-8:15am	Henry 7:30-8:15am	
PILATES X 7:40-8:30am	PILATES X 7:40-8:30am	Millie 8:15-9:00am	PILATES X 7:40-8:30 am	PILATES X 7:40-8:30am	PILATES X 7:40-8:30 am
Henry 8:15-9:00am	Chris 8:15-9:00am	Oscar 8:15-9:00am		Henry 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		PILATES X 8:30-9:20am
		Oscar 10:45-11:30am		Annie 10:45-11:30am	Millie 9:00am-9:45am
Chris 11:30-12:15pm	Marcia 11:30-12:15pm	Chris 11:30-12.15 pm	Chris 11:30-12:15pm	Oscar 11:30-12:15pm	PILATES X 9:20-10:10am
PILATES X 11:30-12:20pm		PILATES X 11:30-12:20pm			
Chris 12:15-1:00pm	Oscar 12:15-1:00pm	Chris 12:15-1:00pm	Chris 12:15-1:00pm	Oscar 12:15-1:00pm	
PILATES X 12:20-1:10pm	PILATES X 12:20-1:10pm	PILATES X 12:20-1:10pm	PILATES X 12:20-1:10pm	PILATES X 12:20-1:10pm	
	Oscar 1:00-1:45pm	Chris 1:00-1:45pm	Marcia 1:00-1:45pm	Henry 1:00 - 1:45pm	
PILATES X 1:10-2:00pm	PILATES X 1:10-2:00pm	PILATES X 1:10-2:00pm	PILATES X 1:10-2:00pm	PILATES X 1:10-2:00pm	
Marcia 2:15-3:00pm		Millie 2:15-3:00pm	Marcia 2:15-3:00pm	PILATES X 2:00- 2:50pm	
Henry 3:00-3:45pm					
Oscar 4:30-5:15pm	PILATES X 4:40-5:30pm	Marcia 4:30-5:15pm	PILATES X 4:40-5:30pm		
Chris 4:45-5:30pm	Oscar 4:45-5:30pm	Chris 4:45-5:30 pm	Annie 4:45-5:30pm	Chris 4:45-5:30pm	
PILATES X 5:30-6:20pm	PILATES X 5:30-6:20pm	PILATES X 5:30-6:20 pm	PILATES X 5:30-6:20 pm		
Marcia 5:15-6:00pm	Oscar 5:30-6:15pm	Marcia 5:15-6:00pm	Annie 5:30-6:15pm		
Marcia 6:00-6:45pm	Millie 6.15pm-7.00pm	Marcia 6:00-6:45pm	Annie 6.15pm-7.00pm		

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

PILATES X 6:20–7:10pm	PILATES X 6:20–7:10pm	PILATES X 6:20–7:10pm	PILATES X 6:20–7:10pm		
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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 - \$105 (code 500)
2. Join the 45-minute group classes! - \$31 single class payments or \$270 10-class-pass (code 560)
3. We also offer a 1:1 30-minute Clinical Exercise appointment - \$85 (code 505)
4. To book: call (08) 7221 9110 or book online at 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