

# Group Class Timetable

| Monday                    | Tuesday                   | Wednesday                | Thursday                 | Friday                    | Saturday                                   |
|---------------------------|---------------------------|--------------------------|--------------------------|---------------------------|--|
| 9:00am<br><b>Pilates</b>  | 9:00am<br><b>FST</b>      | 8:00am<br><b>Pilates</b> |                          | 9:00am<br><b>Pilates</b>  |  |
| 10:30am<br><b>Movers</b>  | 9:30am<br><b>Pilates</b>  | 8:00am<br><b>FST</b>     | 9:30am<br><b>FST</b>     | 9:45pm<br><b>Pilates</b>  | 9:30am<br><b>Pilates</b>                   |
| 11:30am<br><b>Pilates</b> | 10:15am<br><b>Pilates</b> | 9:30am<br><b>Pilates</b> | 9:45am<br><b>Pilates</b> | 12:00pm<br><b>FST</b>     |  |
| 12:00pm<br><b>Movers</b>  | 12:00pm<br><b>FST</b>     | 11:30am<br><b>FST</b>    | 2:00pm<br><b>Movers</b>  | 12:15pm<br><b>Pilates</b> |  |
| 2:00pm<br><b>FST</b>      |                           | 2:00pm<br><b>Pilates</b> | 5:30pm<br><b>FST</b>     |                           | <b>*FST - Functional Strength Training</b> |
|                           |                           | 4:00pm<br><b>FST</b>     | 6:00pm<br><b>Pilates</b> |                           |  |
|                           |                           | 4:45pm<br><b>Pilates</b> | 6:15pm<br><b>FST</b>     |                           |  |

## Clinical Reformer Pilates

Ideal for those wanting to improve their core stability, posture, and general function. Great for those returning from injury or those wanting to progress their strength and flexibility goals.

Led by our expert Physiotherapist.

## Functional Strength Training (FST)

Ideal for adults new or returning to exercise who want to increase strength and improve their mobility and function. We cater for those with chronic injuries/diseases or those wanting to prevent de-conditioning. Led by our expert Exercise Physiologist.

## Colab Movers

Ideal for seniors who want to increase their physical activity and work on reducing their falls risk in a safe and fun environment. Includes balance training, aerobic and resistance training, coordination, and flexibility work. Led by our expert Exercise Physiologist.



No two bodies are the same. We recognise that and approach you as the multi-faceted, complex, unique individual you are.

Shop 2, 346 Belmore Rd Balwyn VIC 3103