

# Group Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am Pilates	9:00am P+P	8:00am Pilates	9:30am R+S	9:00am Pilates	9:30am Pilates
9:15am P+P	9:30am Pilates	8:00am R+S	9:45am Pilates	9:45pm Pilates	
10:30am SSS	10:15am Pilates	9:30am Pilates	10:15am R+S	12:15pm R+S	
11:30am Pilates	10:30am R+S	10:30am Osteo	11:00am SSS	12:15pm Pilates	
12:00pm SSS		12:30pm P+P	12:15pm Osteo		
2:00pm R+S		2:00pm Pilates	2:00pm SSS		
2:45pm Osteo		4:45pm Pilates	6:00pm Pilates		
		6:15pm P+P	6:15pm R+S		

R+S - Restore + Strengthen | P+P - Power + Performance  
 SSS - Strength + Stability | Osteo - Osteo Strength  
 Pilates - Clinical Reformer Pilates

## Physiotherapy

### Clinical Reformer Pilates

3 people - 45min

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.



---

## Exercise Physiology

### Restore + Strengthen

Moderate Intensity - 2 people - 45min

Build strength, improve mobility, and restore confidence. Ideal for beginners, injury recovery, or managing chronic conditions.

### Power + Performance

High Intensity - 2 people - 45min

High-intensity training to develop strength, power, and cardiovascular fitness using advanced strength and conditioning principles.

### Seniors Strength + Stability

Low Intensity - 4 people - 45min

Designed for seniors to support healthy ageing, improve strength, balance, and reduce falls risk. Circuit-style sessions.

### Youth Development

Moderate Intensity - 2 people - 45min

Supports adolescents to build strength, coordination, and movement skills in a safe, structured environment. Contact us for session times.

### Osteo Strength

Moderate Intensity - 4 people - 45min

Targeted program for bone health, using safe impact and strength training to improve bone density, balance, and reduce fracture risk.

Shop 2, 346 Belmore Rd Balwyn VIC 3103