

# Fitness Timetable.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7AM <b>YOGA</b> JEN			<b>STRENGTH FUSION</b> JEN	<b>PILATES</b> BRIAR	
8AM <b>PILATES</b> JEN	<b>STRENGTH FUSION</b> VICKI	<b>PILATES</b> KELLY	<b>BARRE</b> JEN	<b>RELAX &amp; RELEASE</b> BRIAR	<b>STRENGTH FUSION</b>
9AM <b>BARRE</b> JEN	<b>RELAX &amp; RELEASE</b> VICKI	<b>PILATES PLUS</b> GWENDALYN	<b>YOGA</b> JEN	<b>GENTLE PILATES</b> VICKI	<b>RELAX &amp; RELEASE</b>
10AM <b>GENTLE PILATES</b> BELINDA	<b>PILATES</b> GWENDALYN	<b>GENTLE PILATES</b> VICKI	<b>PILATES</b> CLAUDIA	<b>PILATES PLUS</b> RACHEL	<b>PILATES</b>
11AM					<b>THE b. CLASS™/ BROADWAY BURN/ BACK TO BASICS (ALTERNATING SCHEDULE)</b>
12.30PM <b>STRENGTH FUSION</b> CLAUDIA					
5PM				<b>PILATES</b>	
5.30PM		<b>STRENGTH FUSION</b> CLAUDIA			
6.15PM				<b>YIN YOGA</b> (FORTNIGHTLY) JEN	
6.30PM <b>CIRCUIT</b> KELLY	<b>BROADWAY BURN</b> RACHEL	<b>PILATES</b> BRIAR	<b>RELAX &amp; RELEASE</b> VICKI		
<b>PILATES</b> GWENDALYN					
7.30PM <b>GENTLE PILATES</b> GWENDALYN		<b>MEN'S PILATES</b> BRIAR	<b>PILATES PLUS</b> VICKI		

Effective 2 Jan, 2026

**Physio.Pilates.**  
*Proactive.*

Feel stronger. Move better. Live your life.

# Class Descriptions

## BACK TO BASICS

*Refine, Relearn and Build.*

Revisit Pilates fundamentals with focus on form, alignment, and control. Ideal for beginners or anyone wanting to refine technique and build confidence in key Matwork exercises.

## GENTLE PILATES

*Technique, Learn and Build Confidence.*

A slower-paced class focusing on precision, posture, and mobility. Perfect for easing tension, improving movement quality, and safely starting or returning to Pilates.

## PILATES

*Adaptable, Unique and Varied.*

An all-levels class blending traditional and modern Pilates. Build strength, balance, and flexibility at your own pace with tailored variations to suit your body.

## PILATES PLUS

*Enhance, Challenge and Inspire.*

Take Pilates further with advanced exercises, weights, and intensity. Strengthen, lengthen, and refine technique while improving endurance, posture, and coordination.

## MEN'S PILATES

*Tailored, Strength and Flexibility.*

Designed for men to build core strength, mobility, and stability. Improve posture and performance in a supportive, community-focused environment.

## STRENGTH FUSION

*Strength, Stamina and Resilience.*

Combine Pilates, resistance, and functional training for a full-body workout. Build power, endurance, and confidence while supporting joint and bone health.

## RELAX & RELEASE

*Flexibility, Stretch and Rest.*

Unwind with stretching, mobility, and myofascial release. Improve flexibility, ease tension, and restore balance for a refreshed body and calm mind.

## BARRE

*Sculpt, Tone and Move.*

A fun fusion of ballet, Pilates, and strength training. Sculpt, tone, and improve balance and flexibility through energising, low-impact movement.

## Location

27 Mount Barker Rd, Stirling

All classes are held upstairs at the rear of the building in our **Fitness Studio**.

Circuit classes take place in our **Rehab Studio**, accessed via the door halfway up the lane.

## How to get started

Start your Pilates journey with our 14-day Intro Pass for unlimited class access. This is a great way to explore different classes and schedules to find the right fit for you. If you plan to continue with Pilates Mat, we recommend 1-2 private sessions with one of our experienced physiotherapists to learn the basics and ensure safe technique. After your Intro Pass, choose a Membership or Class Pack through our Momence app. If you're pregnant, have osteoporosis, chronic health conditions, or acute injuries, please book an initial assessment with one of our physiotherapists to receive tailored advice and modifications.

## How to book

With over 34 Pilates Mat and Fitness Classes offered at convenient times, it's easy to fit sessions into your schedule. **Book and manage classes via our Momence app.** If a class is full, join the Wait List to receive a text if a spot opens up. Cancellations require 12 hours' notice to avoid forfeiting payment.

## THE B. CLASS™

*Dance, Move and Connect.*

A joyful, music-driven class blending dance, fitness, and mindfulness. Build strength, release emotion, and reconnect with your authentic self through movement.

## BROADWAY BURN

*Joyful, Empowering and Fun.*

A musical theatre-inspired fitness class for all women. Simple choreography, great music, and plenty of fun - move, smile, and feel confident again.

## CIRCUIT PILATES

*Dynamic, Invigorating and Effective.*

An energising circuit using Pilates equipment for strength, cardio, and mobility. Boost endurance and challenge your body in new, effective ways.

## YOGA

*Connect, Renew and Reset.*

A slow, mindful practice linking breath with movement. Improve flexibility, body awareness, and calm while restoring balance and focus.

## YIN YOGA

*Slow, Relax and Meditate.*

A deeply relaxing, meditative class holding poses longer to stretch connective tissues, ease tension, and quiet the mind. Perfect for all levels.

## Fees

*Intro Offer - 14-day Intro Pass - \$49 unlimited*

## MEMBERSHIPS

*Min. 4 weeks contract then can cancel anytime*

POSITIVE	2 per week	\$49/week
PROGRESS	3 per week	\$59/week
PEAK	4 per week	\$69/week

## CLASS PACKS (6 month expiry)

CASUAL	\$35
10 CLASSES	\$290
50 CLASSES	\$950