

Fitness Timetable.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7AM	STRETCH & RELEASE BEC			STRENGTH FUSION JEN	PILATES BRIAR	
8AM	PILATES BEC	STRENGTH FUSION VICKI	PILATES KELLY	BARRE JEN	RELAX & RELEASE BRIAR	STRENGTH FUSION
9AM	BARRE BEC	RELAX & RELEASE VICKI	PILATES PLUS GWENDALYN	YOGA JEN	GENTLE PILATES VICKI	RELAX & RELEASE
10AM	GENTLE PILATES BELINDA	PILATES GWENDALYN	GENTLE PILATES VICKI	PILATES JEN	PILATES PLUS RACHEL	PILATES
11AM		BROADWAY BREEZE** RACHEL				THE b. CLASS™*/ BROADWAY BURN (ALTERNATING SCHEDULE)
5PM					PILATES UNWIND RACHEL/JEN	
5.30PM	STRENGTH FUSION JAKE	STRENGTH FUSION MADDY	RELAX & RELEASE** LYNSEY	PILATES CAITLIN		
6.15PM					YIN YOGA (FORTNIGHTLY) JEN	
6.30PM	CIRCUIT KELLY	BROADWAY BURN RACHEL	PILATES BRIAR	RELAX & RELEASE VICKI		
	PILATES GWENDALYN					
7.30PM	GENTLE PILATES GWENDALYN		MEN'S PILATES BRIAR	PILATES PLUS VICKI		

Effective 6 July, 2026

*starts at 11:10am **starting week beginning 3/8/26

Physio.Pilates.
Proactive.

Feel stronger. Move better. Live your life.

Class Descriptions

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.

PILATES UNWIND

Activate, Release and Restore.

Ease into the weekend with this slower-paced Pilates class designed for the end of a busy week. Focus on controlled movement, mobility and releasing tension, with mostly mat-based exercises and time to stretch and unwind. Options are offered so you can work at a level that feels right, leaving you feeling longer, looser and ready for the weekend.

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. **STRETCH & RELEASE** is the perfect antidote after an active weekend, guaranteed to iron out all the kinks!

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.

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. **BROADWAY BREEZE** is a low impact/less complex version.

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	\$53/week
PROGRESS	3 per week	\$63/week
PEAK	4 per week	\$73/week

CLASS PACKS

(6 month expiry)

CASUAL	\$37
10 CLASSES	\$305
50 CLASSES	\$1025
3 CLASSES	\$60 <i>(b. Class or Broadway Burn/Breeze only)</i>

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. The B class™ runs from our Tiers Studio, above Common Room Café on the south side of big car park.

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 Momenca 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 37 Pilates Mat and Fitness Classes offered at convenient times, it's easy to fit sessions into your schedule. **Book and manage classes via our Momenca 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.