

## Pilates + Clinical Exercise TIMETABLE 2025

Bookings essential at reception or online.  
Clinical Exercise and Pilates Classes 50 min  
Circuit Classes 60 min  
◇ PHI - No private health insurance rebates

87 Arthur St  
Fairfield VIC 3078  
[info@informphysio.com](mailto:info@informphysio.com)  
[www.informphysio.com](http://www.informphysio.com)  
(03) 9481 6312

 @Informphysiotherapyandpilates  
 Inform Physiotherapy and Pilates Fairfield

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:30am</b> Clinical Exercise Alex	<b>7:00am</b> Pilates Hillary	<b>6:30am</b> Clinical Exercise Alex	<b>6:30am</b> Pilates Barbara ◇	<b>6:30am</b> Clinical Exercise Sally	<b>8:00am</b> Clinical Exercise Meg	
<b>7:30am</b> Clinical Exercise Laurel	<b>8:00am</b> Pilates Hillary	<b>7:30am</b> Clinical Exercise Alex	<b>7:30am</b> Pilates Barbara ◇	<b>7:30am</b> Clinical Exercise Sally	<b>9:00am</b> Clinical Exercise Holly/Alex/Sally	
<b>8:30am</b> Clinical Exercise Laurel	<b>8:00am</b> Clinical Exercise Laurel	<b>9:30am</b> Clinical Exercise Shoni	<b>8:00am</b> Clinical Exercise Alex	<b>8:30am</b> Clinical Exercise Laurel	<b>9:00am</b> Pre & Post Natal Circuit Class Meg	
<b>9:00am</b> Clinical Exercise Alex	<b>9:30am</b> Clinical Exercise Laurel	<b>10:30am</b> Clinical Exercise Shoni	<b>8:30am</b> Pilates Barbara ◇	<b>9:30am</b> Clinical Exercise Laurel	<b>10:00am</b> Clinical Exercise Holly/Alex/Sally	
<b>9:30am</b> Clinical Exercise Laurel	<b>10:00am</b> Clinical Exercise Holly	<b>10:30am</b> Clinical Exercise Sally	<b>9:00am</b> Clinical Exercise Alex	<b>9:30am</b> Pre & Post Natal Circuit Class Sally	<b>10:30am</b> Clinical Exercise Meg	
<b>10:00am</b> Clinical Exercise Alex	<b>10:30am</b> Clinical Exercise Laurel	<b>11:30am</b> Pre & Post Natal Circuit Class Sally	<b>10:30am</b> Pre & Post Natal Circuit Class Laurel	<b>10:30am</b> Clinical Exercise Laurel	<b>11:30am</b> Clinical Exercise Meg	
<b>10:30am</b> Clinical Exercise Laurel	<b>11:30am</b> Active Ageing Circuit Class Laurel	<b>12:00pm</b> Clinical Exercise Shoni	<b>11:30am</b> Clinical Exercise Laurel	<b>10:30am</b> Clinical Exercise Sally	<b>12:30pm</b> Pre & Post Natal Circuit Class Meg	
<b>11:00am</b> Clinical Exercise Alex	<b>1:15pm</b> Clinical Exercise Laurel	<b>1:00pm</b> Active Ageing Circuit Class Shoni	<b>12:30pm</b> Active Ageing Circuit Class Laurel	<b>11:30am</b> Clinical Exercise Laurel		
<b>11:30am</b> Clinical Exercise Laurel	<b>1:00pm</b> Clinical Exercise Sally	<b>5:00pm</b> Clinical Exercise Laurel	<b>1:30pm</b> Clinical Exercise Laurel	<b>11:30am</b> Active Ageing Circuit Class Shoni		
<b>1:00pm</b> Active Ageing Circuit Class Laurel	<b>2:00pm</b> Clinical Exercise Meg	<b>6:00pm</b> Clinical Exercise Laurel	<b>5:30pm</b> Clinical Exercise Meg	<b>1:00pm</b> Clinical Exercise Laurel		
<b>2:00pm</b> Clinical Exercise Laurel	<b>5:00pm</b> Clinical Exercise Laurel	<b>6:15pm</b> Clinical Exercise Meg	<b>6:30pm</b> Clinical Exercise Meg	<b>1:30pm</b> Clinical Exercise Shoni		
<b>5:00pm</b> Clinical Exercise Meg	<b>6:00pm</b> Clinical Exercise Laurel	<b>7:00pm</b> Clinical Exercise Laurel	<b>7:30pm</b> Clinical Exercise Meg			
<b>6:00pm</b> Clinical Exercise Meg	<b>7:00pm</b> Clinical Exercise Laurel	<b>8:00pm</b> Clinical Exercise Laurel				
<b>6:00pm</b> Clinical Exercise Sally	<b>7:45pm</b> Pre & Post Natal Circuit Class Meg					
<b>7:00pm</b> Clinical Exercise Sally						
<b>7:45pm</b> Pre & Post Natal Circuit Class Meg						