

Flinders Pilates

From 8th-14th December 2025

MON 8/12	7:00am	12:10pm	4:15pm	5:15pm	6:15pm
TUES 9/12	7:00am	7:45am	1:00pm	4:15pm	5:15pm
WED 10/12	7:45am	12:10pm	4:15pm	5:15pm	6:15pm
THUR 11/12	7:00am	7:45am	12:10pm	4:15pm	5:15pm
FRI 12/12	7:00am	5:00pm			
SAT 13/12	8:00am	9:00am			
SUN 14/12	9:00am	10:00am			

Class duration 45 mins

Located in the Flinders Reformer studio on the Mezzanine level at FUSF



**SPORT &
FITNESS**



Flinders Pilates

From 15th-21st December 2025

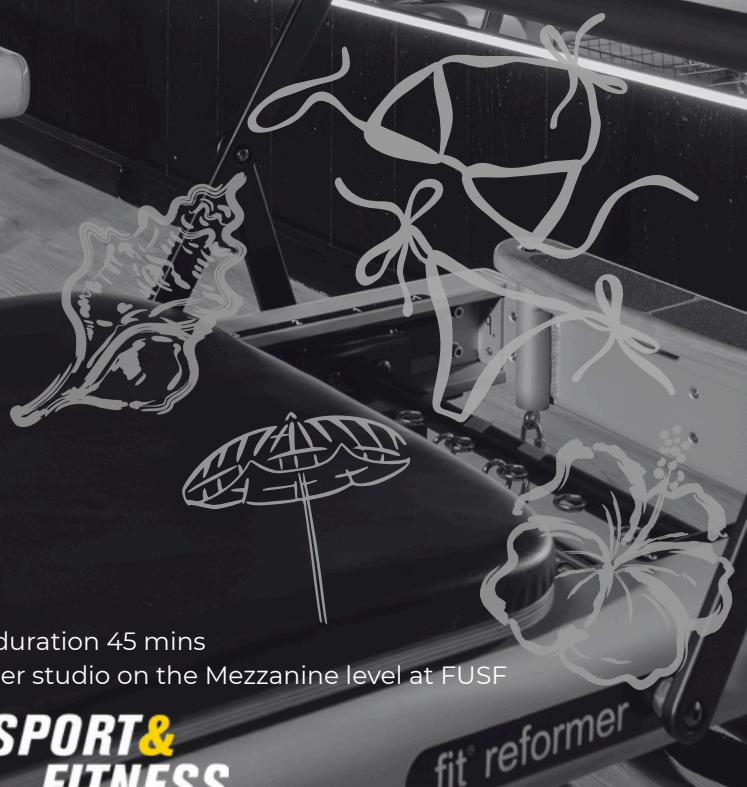
MON 15/12	7:00am	12:10pm	4:15pm	5:15pm	6:15pm
TUES 16/12	7:00am	7:45am	1:00pm	4:15pm	5:15pm
WED 17/12	7:45am	12:10pm	4:15pm	5:15pm	6:15pm
THUR 18/12	7:00am	7:45am	12:10pm	4:15pm	5:15pm
FRI 19/12	7:00am	5:00pm			
SAT 20/12	8:00am	9:00am			
SUN 21/12	9:00am	10:00am			

Class duration 45 mins

Located in the Flinders Reformer studio on the Mezzanine level at FUSF



**SPORT &
FITNESS**



Flinders Pilates

From 22nd-28th December 2025

MON 22/12	7:00am	12:10pm	4:15pm	5:15pm	6:15pm
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TUES 23/12	7:00am	7:45am	1:00pm	4:15pm	5:15pm
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WED 24/12	7:45am	12:10pm
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THUR 25/12	CLOSED
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FRI 26/12	CLOSED
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SAT 27/12	CLOSED
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SUN 28/12	CLOSED
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Class duration 45 mins

Located in the Flinders Reformer studio on the Mezzanine level at FUSF



**SPORT &
FITNESS**

fit® reformer

Flinders Pilates

From 29th-4th December/January 2026

MON
29/12

CLOSED

TUES
30/12

7:00am

7:45am

1:00pm

4:15pm

5:15pm

WED
31/12

7:45am

12:10pm

THUR
1/1

CLOSED

FRI
2/1

7:00am

SAT
3/1

8:00am

9:00am

SUN
4/1

9:00am

10:00am

Class duration 45 mins

Located in the Flinders Reformer studio on the Mezzanine level at FUSF



**SPORT &
FITNESS**

fit® reformer

Flinders Pilates

From 5th-11th December/January 2026

MON 5/1	7:00am	12:10pm	4:15pm	5:15pm	6:15pm
TUES 6/1	7:00am	7:45am	1:00pm	4:15pm	5:15pm
WED 7/1	7:45am	12:10pm	4:15pm	5:15pm	6:15pm
THUR 8/1	7:00am	7:45am	12:10pm	4:15pm	5:15pm
FRI 9/1	7:00am	5:00pm			
SAT 10/1	8:00am	9:00am			
SUN 11/1	9:00am	10:00am			

Class duration 45 mins

Located in the Flinders Reformer studio on the Mezzanine level at FUSF



**SPORT &
FITNESS**

