

Reformer Pilates Timetable

Reformer Pilates Studio

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Classes							
6:00am	Stretch & Strength	Reformer Pilates	Reformer Pilates	Level 1 Full Body	Reformer Pilates	Level 1 Full Body	
7:00am	Level 1 Full Body	Level 1 Full Body	Beginner Full Body	Lower Body Burn	Level 2 Full Body	Reformer Pilates	
7:30am				Core & Release			
8:00am	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Beginner Full Body	Beginner Full Body
9:00am	Reformer Pilates	Reformer Pilates	Reformer Pilates	Stretch & Strength	Reformer Pilates	Reformer Pilates	Reformer Pilates
10:00am	Reformer Pilates	Level 1 Full Body	Reformer Pilates	Beginner Full Body	Stretch & Strength	Reformer Pilates	Level 1 Full Body
11:00am	Lower Body Burn	Level 2 Full Body	Lower Body Burn	Level 2 Full Body	Level 1 Full Body		Lower Body Burn
11:30am	Core & Release		Core & Release				Core & Release

Afternoon Classes

12:00pm	Reformer Pilates	Stretch & Strength	Reformer Pilates	Level 1 Full Body	Reformer Pilates	Level 2 Full Body	Beginner Full Body
1:00pm		Beginner Full Body		Stretch & Strength	Lower Body Burn	Stretch & Strength	Level 2 Full Body
1:30pm					Core & Release		
3:00pm	Level 2 Full Body	Level 1 Full Body	Stretch & Strength	Level 1 Full Body	Beginner Full Body	Beginner Full Body	Stretch & Strength
4:00pm	Stretch & Strength		Level 1 Full Body	Beginner Full Body	Level 1 Full Body	Level 1 Full Body	Level 1 Full Body
5:00pm	Level 2 Full Body	Reformer Pilates	Beginner Full Body	Stretch & Strength	Beginner Full Body		
6:00pm	Reformer Pilates	Level 2 Full Body	Reformer Pilates	Level 1 Full Body	Level 2 Full Body		
7:00pm	Level 1 Full Body	Beginner Full Body	Level 2 Full Body	Lower Body Burn	Stretch & Strength		
7:30pm				Core & Release			

Virtual Classes

Virtual Class Descriptions

Beginner Full Body

45 mins

Starting out with Reformer Pilates or if it has been a long time between workouts? Our full body beginner classes are the ideal start for you. Breaking down the exercises further and starting with simpler programming these classes will put you in a great position to progress confidently.

Level 1 Full Body

45 mins

This class incorporate Pilates fundamentals and is designed to instil a strong Pilates practise. Challenging enough for experienced clients to refine their Pilates skills and concentrate on body alignment. A moderately paced class with the emphasis on the classic reformer for a full body workout that can be modified to suit every fitness level.

Level 2 Full Body

45 mins

This class is designed for those wanting to be challenged and increase strength. a more challenging class than level one, stronger spring choices and the use of props such as dumbbells, ring and ball. Layering exercises to continue your great Pilates burn and building muscular endurance. Guaranteed to increase strength, balance, stability and control in ways that will enhance your everyday life.

Stretch & Strength

45 mins

This class has been designed to continue a heavier load strength based Pilates class with stretches throughout to compliment the muscles being challenged. A great mix between challenging Pilates efforts with lengthening and active recovery.

Lower Body Burn

20 mins

A short, time effective class focused on strengthening and sculpting legs and glutes.

Core & Release

20 mins

This class provides the ultimate blend of core strengthening with gentle muscle release.