

Reformer Pilates Timetable

Reformer Pilates Studio

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Classes							
6:00am	Stretch & Strength	Reformer Pilates	Reformer PWR Pilates	Level 1 Full Body	Reformer Pilates	Reformer FLOW	
7:00am	Level 1 Full Body	Level 1 Full Body	Beginner Full Body	PWR Moves	Level 2 Full Body	Reformer PWR Pilates	
8:00am	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Beginner Full Body	PWR Moves
9:00am	Reformer Pilates	Reformer Pilates	Reformer Pilates		Reformer Pilates	Reformer Pilates	Reformer Pilates
10:00am	Reformer Pilates	PWR Moves	Reformer Pilates	Reformer FLOW	PWR Moves	Reformer Pilates	Level 1 Full Body
11:00am	Abs and Glutes	Level 2 Full Body	Reformer FLOW	PWR Moves	Level 1 Full Body		Abs and Glutes
11:35am	Stretch						Stretch

Afternoon Classes

12:00pm	Reformer Pilates	Stretch & Strength	Reformer Pilates	Level 1 Full Body	Reformer Pilates	Level 2 Full Body	Reformer FLOW
1:00pm	Level 1 Full Body	Beginner Full Body	PWR Moves	Stretch & Strength	Abs and Glutes	Reformer FLOW	Level 2 Full Body
1:40pm					Stretch		
3:00pm	Level 2 Full Body	Level 1 Full Body	Stretch & Strength	Level 1 Full Body	PWR Moves	Beginner Full Body	Stretch & Strength
4:00pm	PWR Moves		Level 1 Full Body	Beginner Full Body	Level 1 Full Body	PWR Moves	Level 1 Full Body
5:00pm	Level 1 Full Body	Reformer PWR Pilates	Beginner Full Body	Stretch & Strength	Beginner Full Body		
6:00pm	Reformer Pilates	Level 1 Full Body	Reformer Pilates	PWR Moves	Reformer FLOW		
7:00pm	Beginner Full Body	Beginner Full Body	Level 2 Full Body	Reformer FLOW	Stretch & Strength		

Virtual Classes

Instructor Led Classes

Class Descriptions

Reformer Pilates

45 mins

Our team of diversly talented and educated instructors will personally guide you through a safe, clear, inclusive and effective traditional Reformer Pilates full body workout. Modifications will be provided for different fitness levels and physical limitations with equipment options.

Reformer PWR Pilates

45 mins

Combines variations of traditional Reformer Pilates exercises with increased core strength training and cardio work with weights and jump boards to add a strengthening element while challenging endurance and cardio fitness through dynamic sequences and flow.

Virtual Class Descriptions

Full Body Beginner

45 mins

This class is the ideal class for members new to Reformer Pilates. The exercise will be broken down starting with simple programming to put you in a great position to progress confidently. Beginners - and options for all levels.

Full Body Level 1

45 mins

The class incorporates Reformer Pilates fundamentals and is designed to instill a strong Pilates practice. A moderately paced class with the emphasis on the classic reformer for a full body workout. Intermediate - and options for all levels.

Full Body Level 2

45 mins

Challenge your strength, stamina and control with dynamic flows, advanced progressions and powerful sequences. Advanced - with options for all levels.

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.

Intermediate - and options for all levels

PWR Moves

45 mins

Combines variations of traditional Reformer Pilates exercises with increased core strength training and cardio work with weights, equipment and jump boards to add a strengthening athletic element while challenging endurance and cardio fitness through dynamic movement sequences and flow.

Recommended for intermediate/advanced - modifications provided.

Reformer FLOW

45 mins

Challenge your strength, endurance and coordination. Programmed to flow seamlessly from one exercise to the next, you are sure to feel the true Pilates burn. Less breaks and powerful moves pack a punch.

Intermediate - with options for all levels.

Abs and Glutes

35 mins

Target your midsection, core and lower body with intentional sequences that tone, lift and strengthen. Options for all levels.

Stretch

20 mins

Dedicated sessions to take time out to stretch and release tension, improve flexibility and leave you feeling light, lengthened and refreshed.

All levels.