

## Reformer Pilates Timetable

Both face-to-face and virtual classes are 45 minutes.

### Reformer Pilates Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Stretch & Strength	Reformer Pilates	Reformer Pilates	Level 1 - Full Body	Reformer Pilates		
7:00am	Beginner - Full Body	Beginner - Full Body	Beginner - Full Body	Beginner - Full Body	Beginner - Full Body	Reformer Pilates	
8:00am	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates
9:00am	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	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
12:00pm	Reformer Pilates	Stretch & Strength	Reformer Pilates	Beginner - Full Body	Reformer Pilates		
4:00pm	Stretch & Strength		Level 1 - Full Body	Beginner - Full Body	Level 1 - Full Body		
5:00pm	Level 1 - Full Body	Reformer Pilates	Beginner - Full Body	Stretch & Strength			
6:00pm	Reformer Pilates		Reformer Pilates				



Induction Friendly Classes



Virtual Classes

## Virtual Class Descriptions

### Level 1 Full Body

This class incorporates Pilates fundamentals and is designed to instill a strong Pilates practice ideal for those that are starting out, however challenging enough for experienced clients who wish 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 everybody and every fitness level.

### Stretch & Strength

These programs have been designed to combine 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.

### Beginner Full Body 18

Starting out with reformer Pilates, or it's been a long time between workouts? Our full body beginner classes are the ideal start for you! Breaking down the exercises further, starting with simpler programming, these classes coupled with our intro videos will put you in a great position to progress confidently to level 1 or any of our shorter series programs.