

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	Beginner - Full Body		
6:00pm	Reformer Pilates		Reformer Pilates				

 Virtual Classes

Virtual Class Descriptions

Beginner Full Body

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

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.

Stretch & Strength

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.