

## Reformer Pilates Studio

| TIME                   | Monday             | Tuesday           | Wednesday          | Thursday           | Friday             | Saturday          | Sunday            |
|------------------------|--------------------|-------------------|--------------------|--------------------|--------------------|-------------------|-------------------|
| <b>Morning Classes</b> |                    |                   |                    |                    |                    |                   |                   |
| 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   | 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 |
| 11:00am                | Lower Body Burn    | Level 2 Full Body | Lower Body Burn    | Level 2 Full Body  | Level 1 Full Body  | Lower Body Burn   | Lower Body Burn   |
| 11:30am                | Core & Release     |                   | 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.