

# REFORMER PILATES TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05am	CLASSIC Claudia	MOMENTUM Tarsha	MOMENTUM Tarsha	MOMENTUM Tarsha	HYBRID Anita		
8.15am						MOMENTUM Tarsha	
9.15am	CLASSIC Anita	STRETCH Emma	PERFORM Robyn	CLASSIC Emma	HYBRID Anita		
10.15am							PERFORM Gin
4.45pm	MOMENTUM Emma	PERFORM Gin	HYBRID Claudia				
5.30pm	MOMENTUM Emma	HYBRID Anita		CLASSIC Robyn	PERFORM Anita/Emma		
6.30pm			PERFORM Robyn	STRETCH Robyn			

\*Timetable effective from 1<sup>st</sup> December 2025

# Reformer Descriptions

Effective from 1st December 2025

## PERFORM

Perform class is our high intensity fitness class designed to take your core strength and endurance to the next level. We recommend taking several Classic classes before you try Perform if you are new to Pilates.

## STRETCH

A low-impact Reformer Pilates class designed to strengthen, stretch, and balance the body, with a focus on core engagement and controlled movements.



## CLASSIC

Classic class focuses on the traditional teachings of Joseph Pilates. You will learn to connect the body and mind while strengthening the core and hip muscles. Through regular practice you will experience improved breathing, posture and overall well-being.

## MOMENTUM

Momentum blends dynamic sequences with controlled resistance-based exercises to improve core strength, posture, flexibility and overall body tone. Expect a steady pace, smooth transitions and a full-body workout that leaves you feeling strong, balanced and refreshed. Perfect for those who enjoy rhythm, challenge and progression in their Pilates practice.



## HYBRID

Hybrid class combines traditional Joseph Pilates exercises with modern fitness moves to give you a dynamic total body workout. Expect a slightly faster pace than Classic class, with a focus on core strength and endurance.