

# REFORMER PILATES TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:15am</b>	BURN BABY BURN Danica	BURN BABY BURN Intermediate Stacey		STRETCH & CONTROL Grace			
<b>7.00am</b>		TURN IT UP Claudia	STRETCH & CONTROL Grace		BURN BABY BURN Chelsie		
<b>8.15am</b>						TURN IT UP Danica	
<b>9.15am</b>	BURN BABY BURN Chelsie	STRETCH & CONTROL Claudia	BURN BABY BURN Chelsie	BURN BABY BURN Claudia	TURN IT UP Claudia Child Friendly		
<b>10.15am</b>		TURN IT UP Claudia Child Friendly					STRETCH & CONTROL Gin
<b>4.45pm</b>		BURN BABY BURN Gin					
<b>5.30pm</b>	TURN IT UP Grace			BURN BABY BURN Robyn	TURN IT UP Chelsie		
<b>6.30pm</b>	STRETCH & CONTROL Grace	TURN IT UP Intermediate Stacey	TURN IT UP Robyn	WIND DOWN Robyn			

\*Timetable effective from 17<sup>th</sup> June 2024

## BURN BABY BURN

Pilates Burn is a creative, challenging, upbeat sculpting and toning class.

It comprises Pilates exercises designed to take your muscles to fatigue, or the “Pilates Burn”.

Building the mind and body connection from the inside out.



## TURN IT UP

Using traditional Pilates principles, this workout flows from start to finish.

Using spring options to challenge you wherever you are at on your movement journey.

Turn It Up is a total body workout that builds strength and endurance.

This will improve your balance, stability and strength.

Designed for all fitness levels.

## STRETCH & CONTROL

Stretching will improve your flexibility and range of motion, this will reduce the risk of injury during physical activity. Control will help improve posture, reducing strain on your muscles and joints and improving your overall wellbeing.



## WIND DOWN

Reformer exercises are characterised by flowing, controlled movements that gently stretch and strengthen the body while synchronising with deep, mindful breathing. This harmonious blend promotes relaxation and helps individuals to unwind as they focus on the present moment and release tension from their bodies.