

REFORMER PILATES TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05am		MOMENTUM Tarsha	MOMENTUM Jo		HYBRID Anita		
7.00am	CLASSIC Claudia			MOMENTUM Tarsha			
8.15am						MOMENTUM Tarsha	
9.15am	CLASSIC Anita	CLASSIC Emma	PERFORM Robyn	CLASSIC Emma	HYBRID Anita		
10.15am							PERFORM Gin
4.45pm		PERFORM Gin					
5.30pm	MOMENTUM Emma	HYBRID Anita	HYBRID Claudia	CLASSIC Robyn	PERFORM Danica		
6.30pm			PERFORM Robyn	STRETCH Robyn			

*Timetable effective from 7th September 2026

REFORMER

Descriptions

Effective from
7th September 2026



CLASSIC

BUILD STRONG FOUNDATIONS

Master the fundamentals of Reformer Pilates through precise, controlled movement. Improve core strength, posture, flexibility and body awareness while connecting mind and body. Perfect for beginners and those wanting to refine technique.



BEGINNER FRIENDLY



STRENGTH



MIND-BODY CONNECTION



MOMENTUM

MOVE WITH STRENGTH & FLOW

A dynamic full-body workout combining smooth transitions and progressive challenges. Build strength, improve mobility and leave feeling energised, balanced and empowered.



DYNAMIC FLOW



STRENGTH



FEEL GOOD ENERGY



STRETCH

LENGTHEN, RELEASE & RESTORE

Slow down and reconnect with your body. This gentle Reformer class focuses on mobility, flexibility and recovery, helping to ease tension and improve movement quality.



BEGINNER FRIENDLY



MOBILITY



RECOVERY



HYBRID

PILATES MEETS FITNESS

Experience the best of both worlds with traditional Pilates principles and modern training techniques. Expect a challenging, fast-paced workout designed to build strength, endurance and confidence.



ENERGISING



FULL BODY



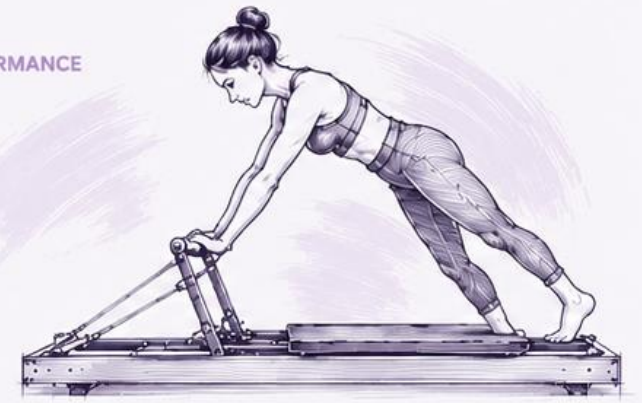
CONFIDENCE BOOST



PERFORM

ELEVATE YOUR PERFORMANCE

Our most athletic Reformer class. Combining strength, endurance and powerful movement patterns, Perform is designed to push your limits and take your Pilates practice to the next level.



HIGH INTENSITY



POWER & ENDURANCE



NEXT LEVEL RESULTS

STRONGER BODY. CLEARER MIND. BETTER YOU.