

REFORMER *Pilates*

CLASS TIMETABLE



	TIME	MON	TUES	WED	THURS	FRI	SAT
EARLY MORNING	5:15am	Reformer Pilates	<i>Saturday morning times below</i>				
	6:15am	Reformer Pilates 7:00 - 7:45					
MORNING	8:15am	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates		Reformer Pilates 8:00 - 8:45
	9:15am	Reformer Pilates	Reformer Pilates	Reformer Pilates		Reformer Pilates	Reformer Pilates 9:00 - 9:45
EVENING SESSIONS	5:15pm	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates		
	6:15pm	Reformer Pilates	Reformer Pilates		Reformer Pilates		

Reformer Pilates is a moderate intensity bodyweight style class using resistance springs and straps to sculpt and tone your body. The all-levels training delivered in a layered format, encourages flexibility, balance, co-ordination, core stability and strength.

Classes are 45 minutes duration.

Book now through Active World!

Available to book 3 days in advance.



Our timetables are also online!

← **SCAN ME!**