

# REFORMER Pilates

## CLASS TIMETABLE

EFFECTIVE:  
1<sup>st</sup> AUGUST 2025

	TIME	MON	TUES	WED	THURS	FRI	SAT
EARLY MORNING	5:15am	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	<i>Saturday morning times below</i>
	6:15am	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates 7:00 - 7:45
	8:15am	Reformer Pilates	Reformer Pilates	Reformer Pilates			Reformer Pilates 8:00 - 8:45
MORNING	9:00am				MUMS & BUBS Reformer Pilates		
	9:15am	Reformer Pilates	Reformer Pilates	Reformer Pilates		Reformer Pilates	Reformer Pilates 9:00 - 9:45
	10.15am			MENS Reformer Pilates			
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 three (3) days in advance.



Our timetables  
are also online!  
← SCAN ME!