

# REFORMER*Pilates*

## CLASS TIMETABLE

EFFECTIVE:  
22<sup>nd</sup> - 28<sup>th</sup> December 2025

	TIME	MON	TUES	WED	THURS	FRI	SAT
EARLY MORNING	5:15am	CLASSIC	INTER-MEDIATE	INTER-MEDIATE	M E R R Y  C H R I S T M A S		
	6:15am	INTER-MEDIATE		INTER-MEDIATE			
MORNING	8:15am	CLASSIC	CLASSIC	INTER-MEDIATE			
	9:15am	BEGINNER	INTER-MEDIATE	INTER-MEDIATE			
EVENING SESSIONS	5:15pm	CLASSIC	INTER-MEDIATE				
	6:15pm	INTER-MEDIATE	INTER-MEDIATE				

Reformer Pilates is class using your own bodyweight with resistance springs and straps to sculpt and tone your body. These 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!



# REFORMER*Pilates*

## CLASS TIMETABLE

EFFECTIVE:  
29<sup>th</sup> Dec 2025 – 4<sup>th</sup> Jan 2026

	TIME	MON	TUES	WED	THURS	FRI	SAT
EARLY MORNING	5:15am				H A P P Y  N E W  Y E A R		
	6:15am						
MORNING	8:15am	CLASSIC	CLASSIC				
	9:15am	BEGINNER	INTER-MEDIATE				
EVENING SESSIONS	5:15pm	CLASSIC	INTER-MEDIATE				
	6:15pm						

**Please note:**  
Classes may be modified due to instructor availability.

Instructors can adjust the class slightly to accommodate different members skill level.

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!