

# REFORMER*Pilates*

## CLASS TIMETABLE

EFFECTIVE:  
5<sup>th</sup> JANUARY 2026

	TIME	MON	TUES	WED	THURS	FRI	SAT
EARLY MORNING	5:15am	CLASSIC	INTER-MEDIATE	INTER-MEDIATE	INTER-MEDIATE	CLASSIC	Saturday morning times below
	6:15am	INTER-MEDIATE		INTER-MEDIATE		CLASSIC	CLASSIC 7:00 - 7:45
MORNING	8:15am	CLASSIC	CLASSIC	INTER-MEDIATE		PERFORMANCE	BEGINNER 8:00 - 8:45
	9:15am	BEGINNER	INTER-MEDIATE	INTER-MEDIATE		ADVANCED	INTER-MEDIATE 9:00 - 9:45
EVENING SESSIONS	5:15pm	CLASSIC	INTER-MEDIATE	INTER-MEDIATE	INTER-MEDIATE		
	6:15pm	INTER-MEDIATE	INTER-MEDIATE		CLASSIC		

SEE CLASS DESCRIPTION OVER BACK!

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!



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### **Beginner (Complete / Limited Experience)**

For those brand new or with very little Pilates experience.

Focus on building confidence, learning correct alignment, and mastering the basics.

### **Classic Skills**

A balanced Reformer workout covering the fundamental Pilates movements.

Great for improving strength, flexibility, and technique.

### **Intermediate**

For those comfortable with the basics. \*May include Jump boards

Builds on classic skills with more challenging sequences and increased resistance.

### **Advanced**

A strong, fast-paced class designed for experienced participants. \*Jump boards

Includes complex sequences and advanced repertoire for a full-body challenge.

### **Performance**

A high-energy, athletic Reformer workout. \*Jump boards

Focus on strength, endurance, and performance-based sequences.

### **\*Jump Board**

Added in Intermediate, Advanced & Performance classes simulating the feeling of jumping for a low-impact strength, cardiovascular and core workout. Cardio meets Pilates!

#### **Please note:**

Classes may be modified due to instructor availability.

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

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