

REFORMER *Pilates*

CLASS TIMETABLE

EFFECTIVE:
24th FEBRUARY 2026

	TIME	MON	TUES	WED	THURS	FRI	SAT
EARLY MORNING	5:15am	CLASSIC	CLASSIC	CLASSIC	CLASSIC	CLASSIC	<i>Saturday morning times below</i>
	6:15am	CLASSIC		CLASSIC		CLASSIC	CLASSIC 7:00 - 7:45
MORNING	8:15am	CLASSIC	CLASSIC	CLASSIC *Jump Boards		CLASSIC	BEGINNER 8:00 - 8:45
	9:15am	BEGINNER	CLASSIC	CLASSIC *Jump Boards		CLASSIC	CLASSIC 9:00 - 9:45
EVENING SESSIONS	5:15pm	CLASSIC	CLASSIC	CLASSIC	CLASSIC		
	6:15pm	CLASSIC	CLASSIC		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.

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

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

***Jump Board**

Adding 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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