

GROUP EXERCISE CLASSES

TIMETABLE

EFFECTIVE FROM
22nd JUNE 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REFORMER PILATES	5:15am	REFORMER		REFORMER	REFORMER	REFORMER	SEE TIMES BELOW	
	6:15am	REFORMER		REFORMER		REFORMER	REFORMER 7am	
	8:15am	REFORMER	REFORMER	REFORMER *Jump Boards		REFORMER	BEGINNER 8am	
	9:15am	BEGINNER	REFORMER	REFORMER *Jump Boards		REFORMER	REFORMER 9am	
	5:15pm	REFORMER	REFORMER	REFORMER	REFORMER			
	6:15pm	REFORMER	REFORMER	REFORMER	REFORMER			

REFORMER
Pilates

All classes are 45 minutes in duration
Book through Active World App THREE (3) days in advance

GROUP EXERCISE CLASSES

DESCRIPTIONS

EFFECTIVE FROM
22nd JUNE 2026

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.

REFORMER

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!