

## Pilates Studio Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am					Power Pilates Daniel	
9am	Cardio Pilates Dot	Inter 2 reformer Sarah	Inter reformer Elisa		Inter reformer Daniel	
10am	Beginner reformer Dot	Inter 1 reformer Sarah	Beginner reformer Elisa			Cardio Pilates Tegan
11am	Ante & Post natal reformer Laura					Cardio Pilates Tegan
12pm	Beginner mat Laura				Sensational 60's mat Cara	
2pm	Pilates gym Sarah- coming soon!	Pilates gym Sarah – coming soon!	Advanced reformer Sarah	Ante & Post natal mat Laura		
6pm		Ante & Post natal reformer		Beginner mat Laura		
7pm	Inter reformer Daniel	Beginner reformer Jon		Beginner reformer Jo		
8pm	Superman reformer Daniel	Beginner reformer Jon		Inter reformer Jo		

### Class descriptions

**Beginner reformer:** Recommended as the place to start your Pilates or for those who would like to master the more basic principles and movements on the Pilates reformer.

**Beginner mat:** A great way to introduce your body to the benefits of Pilates. Learn to use your core abdominal and stabilising muscles to improve your posture and movement.

**Intermediate reformer:** A higher level reformer class which requires a good level of experience and fitness.

**Advanced reformer:** The ultimate in body strengthening, lengthening, toning and body awareness for those very experienced devotees.

**Sensational 60's mat:** A fabulous way to stay fit and active. A must class for all those 60+ for maintaining flexibility, mobility and enjoying exercise.

**Cardio Reformer:** Performed on and around the Pilates reformer, with a large focus on dynamic and aerobic movements. Challenge your body!

**Power Pilates:** Performed on and around the Pilates reformer, with the focus on strength, power and precision. Demanding, dynamic and fun.

**Ante & Post natal mat or reformer:** Specifically for pre & post natal mums to target the pelvic and abdominal muscles, and to rebuild posture and endurance of the body after birth.

**Superman reformer :** Get your Man of Steel look with our Superman Pilates class on the reformers! Our new all male class is the way to strengthen, build core control and . . . yes increase your flexibility – you better believe it!

**Cancellations:** Please inform us 24 hours before your session if you cannot make it to avoid being charged the full price of the session

