

REFORMER PILATES SCHEDULE



Opening Hours: Monday – Friday 5:30am – 7:30pm | Saturday 5:30am – 12pm | Sunday CLOSED

	MON	TUES	WED	THURS	FRI	SAT
6:15 AM						
7:15 AM						
8:30 AM						
9:30 AM						
10:00 AM						
11:30 AM					10:30AM	
EVENING CLASSES						
4:00 PM						
5:00 PM						
6:00 PM						

Each Reformer Pilates class runs for 60 minutes and is designed to transform the body & to improve stability, flexibility, strength & posture through a series of controlled movements. These Exercise Physiologist & Physiotherapist lead classes are a perfect integration into rehab, performance & lifestyle programs.

***PLEASE NOTE: Initial consult or previous experience is necessary for new clients ***