



AM CLASSES

mon

tues

wed

thur

fri

sat

8AM
REFORMER
PILATES

7AM
REFORMER
PILATES

7AM
REFORMER
PILATES

9AM
REFORMER
PILATES

8AM
REFORMER
PILATES

9.45AM
REFORMER
PILATES

8AM
REFORMER
PILATES

PM CLASSES

4.30PM
MAT
PILATES

4PM
MAT
PILATES

5.30PM
REFORMER
PILATES

5.30PM
REFORMER
PILATES





REFORMER PILATES

Reformer Pilates is performed on a reformer, designed with springs, straps, and a moving carriage to perform various resistance-based movements aimed at improving strength, flexibility, and overall body alignment. It focuses on controlled, precise movements to target specific muscle groups, enhancing core strength and promoting better posture and muscle tone.



MAT PILATES

Mat Pilates is a floor-based exercise practice that utilises bodyweight resistance, controlled movements, and focused breathing to improve core strength, flexibility, and overall muscle tone. Small equipment can be added such as balls, bands, rollers, small weights & Pilates circles. Suitable for all ages & abilities. If you can't get to the floor it can be done standing & using a chair.

