

TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
BEACH BOXING @ CITY BEACH (60MIN) 6AM		BEACH CIRCUIT @ CITY BEACH (60MIN) 6AM		BEACH MOBILITY @ CITY BEACH (60MIN) 6AM		
PILATES ARC SPINAL FLOW (60MIN) 9:30AM		PILATES FOAM ROLLER (60MIN) 9:30AM		REFORMER FITNESS (50MIN) 9AM	REFORMER FITNESS (50MIN) 8:30AM	
				REFORMER PILATES (50MIN) 10AM	PILATES MAT WEEKEND WIND DOWN (60MIN) 9:30AM	
REFORMER PILATES (50MIN) 4:15PM						
REFORMER PILATES (50MIN) 5:15		PILATES ARC SPINAL FLOW (60MIN) 5:15PM				



*Studio Classes:
Pilates, Reformer,
Yoga & more.*

*All our classes run for approximately 50-60mins, are beginner friendly and can offer modifications for all ages and abilities. Combining the use of various props & equipment to challenge, diversify and enhance your movement knowledge and experience. *Please note, Grip Socks are required when using the Reformer.*

Interested in a custom class, private or semi private? Chat to reception for more info.

*Pilates Arc
Spinal Flow*

Our signature Spinal Flow class offers unique mobility for your spine with the use of the 'Pilates Spine Corrector', also known as the 'Pilates Arc'. Stretch, strengthen, mobilise & energise with a mindful flow that breathes new life into your mind, body & back!

*Reformer
Classes*

Reformer Fintess: Intermediate-Advanced. *Prior experience required* A faster paced fusion of Pilates & fitness moves to strengthen, sweat & challenge stamina.
Reformer Pilates: All levels. Intentionally paced to allow for a deeper level of technique, breath and integration of the Pilates principles.

*Pilates Posture
Foam Roller*

Roll, release, balance & breathe! Designed to improve posture, stability & symmetry, while challenging your balance, awareness & core connection. Concluding with self massage techniques that enhance muscle activation and soft tissue rejuvenation.

*Reformer / Mat
Sculpt &
Recover*

Offered by our in house Chiro & Clinical Pilates Practitioner- This class combines Mat, Reformer, Props and prescription exercises customised each week especially for you. Designed to help attendees identify and overcome imbalances as well as maximise recovery.

*Pilates Mat
Weekend
Wind Down*

Enter the weekend refreshed with our Saturday weekend wind down. This Pilates mat based class combines deep breaths, deep stretches and deep core activation... sometimes even deep belly laughs. Ending with community and coffee for those who wish to stay...

Gentle Yin Yoga

A relaxing evening of gentle yoga stretches held for extended periods ~ Yin style. Including restorative breathwork throughout with intent to create deep release. This class will help you improve flexibility in both body & mind and get ready to sleep like a happy baby ;)