

CLASS TIMETABLE

REFORMER PILATES

A low-impact, full-body workout performed on the Reformer machine that improves strength, flexibility, posture and mobility. It enhances core stability, supports injury prevention and promotes balanced, functional movement for all levels.



DAY	☀️ AM CLASSES	🌅 PM CLASSES
MONDAY	09:15 10:15	17:15 18:15
TUESDAY	09:15 10:15 11:15	17:15 18:15
WEDNESDAY	09:15 10:15 11:15	18:15 19:15
THURSDAY	—	17:15 19:15
FRIDAY	09:15 10:15 11:15	17:15 18:15
SATURDAY	10:00 11:00	—



**FIRST CLASS
FREE OF CHARGE**
Try us risk-free.



**WE ARE ALWAYS
ADDING NEW CLASSES**
More times, more choice,
more ways to move.

ABOUT REFORMER PILATES

Reformer Pilates uses spring resistance and controlled movement to build strength, improve alignment and enhance flexibility. It supports joint health, increases muscle tone and develops a strong, stable core – all with low impact on the body.



BUILD STRENGTH
Strengthen deep muscles and improve overall muscle tone.



IMPROVE POSTURE
Enhance alignment and support healthy posture and movement.



INCREASE FLEXIBILITY
Improve range of motion and support smoother, more efficient movement.



LOW IMPACT
Gentle on joints while delivering powerful, full-body results.



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