



REFORMER PILATES TIMETABLE

Commencing January 2025



BOOKING TIME CHEAT SHEET:

Green or Yellow Time = advanced booking open

Please arrive to class 5 minutes prior to class start time.

PILATES BY GEL - CARNEGIE MEMORIAL SWIMMING POOL

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.05am	Progression Saturday 8.05am	Foundation Sunday 8.05am	Progression Monday 8.05am	Advanced Tuesday 8.05am			
7.00am	Foundation Saturday 9.00am	Progression Sunday 9.00am	Foundation Monday 9.00am	Progression Tuesday 9.00am			
8.30am						Foundation Thursday 10.30am	Progression Friday 10.30am
9.30am	Foundation Saturday 11.30am	Progression Sunday 11.30am	Advanced Monday 11.30am	Foundation Tuesday 11.30am	Progression Wednesday 11.30am	Progression Thursday 11.30am	Foundation Friday 11.30am
10.25am	Progression Saturday 12.25pm	Foundation Sunday 12.25pm	Foundation Monday 12.25pm	Progression Tuesday 12.25pm	Foundation Wednesday 12.25pm	Foundation Thursday 12.25pm	Progression Friday 12.25pm
11.30am							
12.00pm							
4.00pm							
5.30pm	Foundation Saturday 7.30pm		Progression Monday 7.30pm				
6.30pm	Progression Saturday 8.30pm	Foundation Sunday 8.30pm	Foundation Monday 8.30pm	Progression Tuesday 8.30pm			
7.30pm		Advanced Sunday 9.30pm		Foundation Tuesday 9.30pm			

PILATES BY GEL - CAULFIELD RECREATION CENTRE

	MON	TUES	WED	THURS	FRI	SAT	SUN
8.30am		Foundation Sunday 10.30am	Foundation Monday 10.30am	Foundation Tuesday 10.30am	Progression Wednesday 10.30am	Foundation Thursday 10.30am	Progression Friday 10.30am
9.30am	Foundation Saturday 11.30pm	Progression Sunday 11.30am	Foundation Monday 11.30am	Foundation Tuesday 11.30am	Foundation Wednesday 11.30am	Progression Thursday 11.30am	
10.30am	Progression Saturday 12.30pm	Foundation Sunday 12.30pm	Progression Monday 12.30pm	Progression Tuesday 12.30pm	Progression Wednesday 12.30pm		
11.30am	Progression Saturday 1.30pm						
5pm		Foundation Sunday 7.00pm					
6pm	Foundation Saturday 8.00pm		Progression Monday 8.00pm	Progression Tuesday 8.00pm			
7pm	Progression Saturday 9.00pm	Progression Sunday 9.00pm	Foundation Monday 9.00pm	Foundation Tuesday 9.00pm			

CLASS DESCRIPTIONS

Foundation – 45 mins

This class is the perfect place to start your Reformer Pilates Journey. It's also great if you are wanting to revisit the principles of the Pilates Method at a slower pace, with more focus on the foundations.

It includes a brief induction to the Reformer Bed followed by exercises designed to improve coordination, core strength, balance, stability and awareness.

Suitable for all ages.

Progression – 45 mins

This Progressive Reformer Class is an intermediate class, the next step on your Pilates journey!

This class moves at a pace assuming you have a knowledge of Pilates and the equipment. It is a complete workout challenging the whole body, through progressive sequences building on your strength through specific muscle focus. It is our most popular class. Options will be offered to modify or challenge.

We recommend participants should have attended at least three Foundation sessions prior to attending this next level.

Advanced – 45 mins

A high intensity style Reformer session designed to take your Pilates to the highest level.

Classes focus on endurance with faster paced movements and may include moderate impact moves like jumps, HIIT, as well as resistance training.

We recommend participants come along without injuries, and have 3 months experience with Pilates and the equipment.



REFORMER PILATES TIMETABLE

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PILATES BY GEL - GESAC

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00am	Foundation Saturday 8.00am	Progression Sunday 8.00am	Progression Monday 8.00am	Advanced Tuesday 8.00am	Progression Wednesday 8.00am		
7.00am	Progression Saturday 9.00am	Advanced Sunday 9.00am	Progression Monday 9.00am	Progression Tuesday 9.00am	Foundation Wednesday 9.00am		
8.00am	Progression Saturday 10.00am	Foundation Sunday 10.00am	Progression Monday 10.00am	Foundation Tuesday 10.00am	Progression Wednesday 10.00am	Progression (8.30am) Thursday 10.30am	Progression (8.30am) Friday 10.30am
9.00am	Advanced Saturday 11.00am	Progression Sunday 11.00am	Progression Monday 11.00am	Advanced Tuesday 11.00am	Progression Wednesday 11.00am	Progression (9.30am) Thursday 11.30am	Foundation (9.30am) Friday 11.30am
10.00am	Foundation Saturday 12.00pm	Progression Sunday 12.00pm	Advanced Monday 12.00pm	Progression Tuesday 12.00pm	Foundation Wednesday 12.00pm	Foundation (10.30am) Thursday 12.30pm	Progression (10.30am) Friday 12.30pm
11.00am	Progression Saturday 1.00pm	Progression Sunday 1.00pm	Progression Monday 1.00pm	Progression Tuesday 1.00pm	Progression Wednesday 1.00pm	Progression (11.30am) Thursday 1.30pm	Progression (11.30am) Friday 1.30pm
12.00pm	Progression Saturday 2.00pm	Progression Sunday 2.00pm	Progression Monday 2.00pm	Progression Tuesday 2.00pm	Progression Wednesday 2.00pm		
1.00pm		Progression Sunday 3.00pm			Progression Wednesday 3.00pm	Progression (4.00pm) Thursday 6.00pm	Progression (4.00pm) Friday 6.00pm
5.00pm	Advanced Saturday 7.00pm	Progression Sunday 7.00pm	Progression Monday 7.00pm	Progression Tuesday 7.00pm	Progression Wednesday 7.00pm	Progression Thursday 7.00pm	Progression Friday 7.00pm
6.00pm	Progression Saturday 8.00pm	Progression Sunday 8.00pm	Foundation Monday 8.00pm	Advanced Tuesday 8.00pm			
7.00pm	Progression Saturday 9.00pm	Advanced Sunday 9.00pm	Advanced Monday 9.00pm	Progression Tuesday 9.00pm			
8.00pm	Progression Saturday 10.00pm	Progression Sunday 10.00pm	Progression Monday 10.00pm	Foundation Tuesday 10.00pm			
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Suitable for all ages.

Progression – 45

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See Carnegie and Caulfield timetable on next page