

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 | Progresssion 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.



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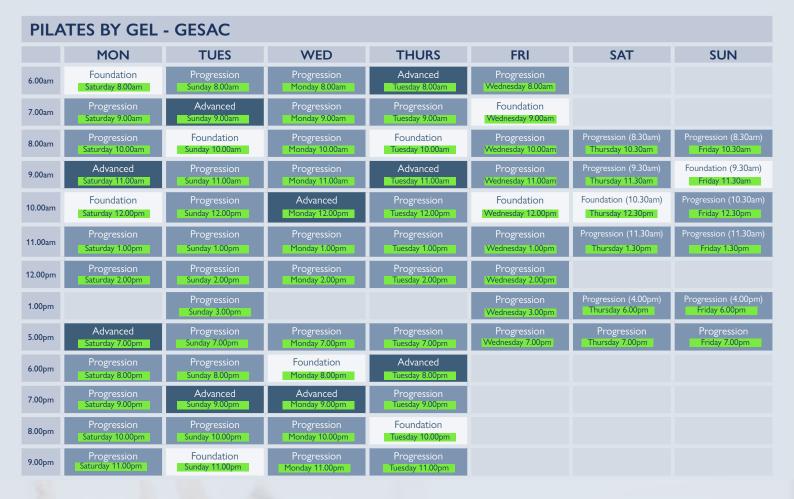


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Progression – 45

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