

## TIMETABLE

TIME	MON	TUES	WED	THURS	FRI	TIME	SAT
6.00am	reformer foundations	mat pilates	reformer	reformer & stretch combo	reformer		
7.00am	reformer	reformer	mat pilates	reformer foundations	aerial pilates	7.00am	reformer
8.00am	reformer	reformer	reformer foundations	reformer	reformer	8.00am	mat pilates
9.30am	reformer	reformer foundations	reformer	mat pilates	reformer	9.00am	stretch
10.30am	mat pilates		aerial pilates	reformer	tired mums club TBC		
11.30am					stretch		

## EVENING SCHEDULE

4.00pm		*teens aerial pilates Term 2		
4.30pm				
5.00pm		reformer		
5.30pm	reformer foundations		reformer	aerial pilates
6.00pm		aerial pilates		
6.30pm	reformer	xpress stretch	aerial pilates	reformer
7.00pm				
7.30pm	aerial pilates			
8.00pm				

\* Indicates course booking for set number of weeks.  
- Book in via courses & terms

## CLASS DESCRIPTIONS

**REFORMER FOUNDATIONS** - Our dedicated Reformer Foundations class will take you through the essentials step-by-step, at your pace, ensuring you feel supported not just on the Reformer, but throughout your movement journey. This class is perfect for beginners or for those who require modifications. Grip socks essential.

**REFORMER** - Our Reformer Pilates class is built on the principles of traditional Pilates to help you build strength, flexibility, enhance your mobility and overall body awareness. Designed to accommodate all fitness levels, our smaller group class ensures you receive personalized attention allowing for modifications and adjustments tailored to your individual needs and goals. With a focus on precise movements, controlled breathing, and alignment, you'll experience a balanced, full-body workout that targets core strength, posture, and stability. Grip socks essential.

**AERIAL PILATES** - Aerial Pilates is a unique fusion of traditional matwork Pilates and aerial suspension, using the aerial hammock to elevate your practice to new heights—literally! In this fun and creative class, you'll flow through familiar Pilates movements, while incorporating the support and challenge of the hammock. Whether you're exploring new ways to engage your body or simply looking to add some excitement to your routine, this class is designed to be both challenging and enjoyable.

**MAT PILATES** - The focus of our Stretch classes is to release tension & tightness in the body that results from everyday life. Our aim is to increase your range of motion, enhancing your overall mobility. Classes are designed with a mix of strength & stretch to ensure that your body continues to bend and not break. Our Stretch Classes are suitable for all fitness levels. Please bring your own yoga/pilates mat.

**STRETCH** - The focus of our Stretch classes is to release tension & tightness in the body that results from everyday life. Our aim is to increase your range of motion, enhancing your overall mobility. Classes are designed with a mix of strength & stretch to ensure that your body continues to bend and not break. Our Stretch Classes are suitable for all fitness levels. Please bring your own yoga/pilates mat.

Book into any of our classes via our website:

[pilatesunleashed.com.au/book-now/](http://pilatesunleashed.com.au/book-now/)

