

TIMETABLE

TIME	MON	TUES	WED	THURS	FRI	TIME	SAT
6.00am	reformer foundations	mat pilates	reformer	reformer	reformer strength & stretch		
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	stretch		
11.30am							

EVENING SCHEDULE

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

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



CLASS DESCRIPTIONS

REFORMER - *Build strength, improve stability, and move with ease*

Our Reformer Pilates class is built on the principles of traditional Pilates, 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. 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. Grip socks essential.

REFORMER FOUNDATIONS - *Feel stronger, supported, and more confident*

Our dedicated Reformer Foundations class will take you through the essentials step-by-step, at your pace. The small group classes with a maximum of 6, ensures we can offer personalised guidance in a calm, welcoming space—so you'll always feel encouraged, understood, and at ease. This class is perfect for beginners or for those who require modifications. Grip socks essential.

REFORMER STRENGTH & STRETCH - *Strong and Supple*

This Reformer class blends strength-building exercises with active stretching and mobility work to support healthy joints and free, fluid movement. With your instructor's attentive guidance, you'll feel supported through every exercise—ensuring a safe, effective, and balanced workout that leaves you feeling stronger and more supple. Grip socks essential

AERIAL PILATES - *Come fly with us and elevate your practice*

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 - *Enhance your body awareness*

Our Matwork Pilates class is designed to help you strengthen and lengthen your body through controlled, mindful movements. Using a combination of bodyweight exercises and small props—such as magic circles, small balls, and resistance bands—we add variety and intensity to the practice, targeting muscles in new ways to enhance your flexibility, core strength, and overall body awareness.

If you've never tried Pilates before, we recommend starting with our matwork classes to gain an understanding of the Pilates movements, body alignment and to find your connection to the body. Please bring your own yoga/Pilates mat.

STRETCH - *Release that tension*

The focus of our mat based 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, mobility & 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 the classes via our website:

pilatesunleashed.com.au/book-now/