

Weekly Classes Timetable

16-22 March 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Awaken Mat Pilates 09:00 - 09:45 Mat Pilates	Awaken Reformer Pilates 10:45 - 11:30 Reformer Pilates	Reformer FREE Taster 13:00 - 13:45 Reformer Pilates	Energise Reformer Pilates 13:15 - 14:00 Reformer Pilates	Awaken Reformer Pilates 09:00 - 09:45 Reformer Pilates		
Strong Mums Class 10:45 - 11:45 Womens Health		Powerhouse Mat Pilates 14:15 - 14:45 Mat Pilates	Flex It Gym Circuits 13:30 - 14:00 Group Classes	Energise Reformer Pilates 13:00 - 13:45 Reformer Pilates		
Powerhouse Mat Pilates 13:00 - 13:45 Mat Pilates		Powerhouse Mat Pilates 18:00 - 18:45 Mat Pilates	Abs & Core Accumulator 14:15 - 14:45 Group Classes	Reformer FREE Taster 17:30 - 18:00 Reformer Pilates		
Unwind Mat Pilates 18:00 - 18:45 Mat Pilates		Restore Reformer Pilates 19:00 - 19:45 Reformer Pilates	Unwind & Restore Yoga 18:00 - 18:45 Group Classes			
Restore Reformer Pilates 19:00-19:45 Reformer Pilates						