

Equipment



All classes are 55 mins*
24h cancellation notice required

We encourage you to visit the same class regularly so that we can develop your group together.

MAX 4 participants, each with own Reformer/Half Cadillac/Arcus/Arc Barrel.

MON	TUES	WED	THURS	FRI
	0800 Lucy			0815 Alex
0900 Lucy	0900 Lucy	0900 Jojo	0900 Alex	0915 Alex
1000 Jojo	1000 Lucy	1015 Corina	1000 Alex	1015 Lucy
1100 Jojo	1100 Jojo	1115 Jojo		1115 Frankie
1200 Corina	1200 Corina	1215 Corina	1200 Lucy	1215 Lucy
1300 Frankie		1315 Corina	1300 Alex	1315 Frankie
	1430 Corina			1415 Frankie
		1600 Alex		
	1715 Corina			
1800 Frankie	1815 Corina	1800 Alex		SAT
1900 Frankie		1900 Alex		0745 Lucy
				0845 Lucy

We don't want to be prescriptive about the Equipment Pilates classes you can and can't attend but we have added a gauge level: **Gentle** or **Faster**.

Gentle classes are generally more suitable if you are new to Equipment practice, don't like lots of new challenging moves or are recently post-operative or in specific re-hab.

Faster classes work at a pace where we look to fatigue the muscles and experiment with a broader repertoire in more adventurous positions!

JUMP Faster classes use the Jumpboard in a Faster Equipment class for cardio-vascular training, speed and agility.

Pre/Post Natal & Rehab session class participants work on different exercises with a shared instructor.

This schedule is subject to amendment for instructor illness/unavailability and will vary in school holidays. Please check the Live Schedule online for the definitive timetable.