

Class Schedule

SPRING 2024

	MON	TUE	WED	THU	FRI	SAT
6AM	REFORMER	REFORMER	REFORMER	REFORMER	JUMP	
7AM	REFORMER	REFORMER	REFORMER	JUMP	REFORMER	REFORMER
8AM	REFORMER	JUMP	REFORMER	REFORMER	REFORMER	REFORMER
9AM	REFORMER BARRE	ATHLETIC	REFORMER	REFORMER	JUMP	REFORMER
10AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER
4PM	REFORMER	REFORMER	REFORMER	REFORMER		
5PM	CIRCUIT		JUMP	REFORMER		
6PM	REFORMER		REFORMER	STRETCH		

BOOKINGS ESSENTIAL: [ORGANICPILATES.COM.AU](https://www.organicpilates.com.au) | MINDBODY APP | P: 0439 759 044



Change with movement

OP REFORMER

Experience a fun, safe and effective group Pilates Reformer class in a boutique setting of just 6 clients on our creme de le creme Balanced Body Allegro 2 Reformers. Designed to get everyBODY moving our signature OP REFORMER classes use spring loaded resistance to give you an overall body workout. 50mins.

OP CIRCUIT

Mix it up with your favourite Pilates equipment in our OP CIRCUIT class. Incorporating the Balanced Body the Allegro 2 Reformer, the Exo Wunda Chair and Classic Mat Pilates this class will move you through a series of exercises to challenge, tone and strengthen your body. 50mins.

OP JUMP

Elevate your heart rate and add cardio to your Pilates mix with our OP JUMP class. Adding the Jump board to the reformer we get a high intensity, fun workout for your entire body. Find your Pilates sparkle. 50mins.

OP ATHLETIC

A twist on the OP REFORMER this class brings a creative flare to keep you on your toes and guessing what comes next. Tone, strengthen and challenge your body - intermediate clients. 50mins.

OP STRETCH

Lengthen, release and let go in our OP STRETCH class on the Balance Body Allegro 2. From your toes to your crown you will leave leaving longer and more flexible. 50mins.

OP BARRE

Take your Pilates practice to a high energy level with our OP BARRE workout. Set to music while combining ballet moves, Pilates, strength and stretch this fun-filled class will leave your legs like jelly and your skin glowing. 50mins.

Level 1, Marina Mirage, 74 Seaworld Drive, Main Beach
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