

# Class Schedule

AUTUMN 2025

|      | MON               | TUE      | WED      | THU      | FRI      | SAT      |
|------|-------------------|----------|----------|----------|----------|----------|
| 6AM  | REFORMER          | REFORMER | REFORMER | REFORMER | REFORMER | REFORMER |
| 7AM  | REFORMER          | REFORMER | REFORMER | REFORMER | REFORMER | REFORMER |
| 8AM  | REFORMER          | JUMP     | REFORMER | REFORMER | REFORMER | REFORMER |
| 9AM  | REFORMER<br>BARRE | REFORMER | REFORMER | REFORMER | JUMP     | REFORMER |
| 10AM | REFORMER          | REFORMER | REFORMER | REFORMER | REFORMER | REFORMER |
| 4PM  | REFORMER          | REFORMER | REFORMER | REFORMER |          |          |
| 5PM  | REFORMER          |          | JUMP     | REFORMER |          |          |
| 6PM  | REFORMER          |          | REFORMER | REFORMER |          |          |

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

Organic  
PILATES

# 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 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 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.

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