

Class Schedule

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

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



Change with movement

REFORMER

Experience a fun, safe and effective group Pilates Reformer class that uses spring loaded resistance to give you an overall body workout. Our boutique setting caters for everyBODY in these 50min classes.

BARRE

Take your Pilates practice to a high energy level with our Barre workout. This class combines ballet inspired moves, Pilates, strength & stretch. Set to music, this fun-filled class is the perfect way to tone & strengthen your muscles in just 50mins.

PRIVATE, DUO & SMALL GROUP SESSIONS

Available on request. Work on your specific goals and needs in a private session tailored just for you! Also a great option for friends, families, couples, corporate groups, staff incentives, teens and anyone wanting to specify their Pilates practice.

Organic Pilates

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