

All new members are required to have a private Reformer session before commencing Reformer classes.



REFORMER TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am Reformer Pilates (<i>Petrina</i>)	5:30am Reformer Pilates (<i>Petrina</i>)	5.30am Reformer Pilates (<i>Seprina</i>)	5:30am Reformer Pilates (<i>Elissa</i>)	5:30am Reformer Pilates (<i>Seprina</i>)	
	7:15am Express Reformer (<i>Petrina</i>)		6:30am Express Reformer (<i>Elissa</i>)		8:00am Reformer Pilates (<i>Petrina</i>)
9:30am Reformer Pilates (<i>Elissa</i>)	9.30am Reformer Pilates (<i>Petrina</i>)	9:30am Reformer Pilates (<i>Elissa</i>)	9:30am Reformer Pilates (<i>Petrina</i>)	9:30am Reformer Pilates (<i>Elissa</i>)	9:00am Reformer Pilates (<i>Petrina</i>)
	12:30pm Express Reformer (<i>Petrina</i>)		12.30pm Express Reformer (<i>Petrina</i>)	12:40pm Express Reformer (<i>Petrina</i>)	
4:30pm Reformer Pilates (<i>Seprina</i>)	4:30pm Reformer Pilates (<i>Seprina</i>)		4:30pm Reformer Pilates (<i>Elissa</i>)		
5:30pm Reformer Pilates (<i>Seprina</i>)	5:30pm Reformer Pilates (<i>Seprina</i>)				
			6:30pm Reformer Pilates (<i>Petrina</i>)		

PLEASE NOTE: All members who attend Reformer classes are required to wash or sanitise their hands before entering the studio and wear clean, fresh grip socks that have not been worn prior. We aim to make a hygienic, clean & safe environment for all members and instructors.

GRIP SOCKS CAN BE PURCHASED IN THE STUDIO.

PURE PILATES

& WELLNESS STUDIO

MAT/FLOOR TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			5.45am Pure Fitness (Damien)	5:45am Matwork Pilates (Petrina)	
		6:00am Pure Barre (Elissa)			7:00am Pure Circuit (Damien)
					8:00am Pure Barre (Elissa)
5:30pm Matwork Pilates (Petrina)		5:15pm Yoga (Elissa)	5:30pm Matwork Pilates (Elissa)		
	6:30pm Matwork Pilates (Petrina)	6:15pm Pure Barre (Elissa)			

PLEASE NOTE: All members who attend classes in the Mat/Floor studio are required to wash or sanitise their hands before entering the studio and if possible supply your own mat or bring a clean towel to lay on top of the studio mats. We aim to make a hygienic, clean & safe environment for all members and instructors.