



REFORMER PILATES TIMETABLE

Commencing Monday 4 March 2024



Please arrive to class 5 minutes prior to class start time.

PILATES BY GEL - GESAC

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00am	Foundation	Progression	Progression	Advanced	Progression		
7.00am	Progression	Advanced	Progression	Progression	Foundation		
8.00am	Progression	Foundation	Progression	Foundation	Progression	Progression (8.30am)	Progression (8.30am)
9.00am	Advanced	Progression	Progression	Advanced	Progression	Progression (9.30am)	Foundation (9.30am)
10.00am	Foundation	Progression	Advanced	Progression	Foundation	Foundation (10.30am)	Progression (10.30am)
11.00am	Progression	Progression	Progression	Progression	Progression	Progression (11.30am)	Progression (11.30am)
12.00pm	Progression	Progression	Progression	Progression	Progression		
1.00pm		Progression			Progression	Progression (4.00pm)	Progression (4.00pm)
5.00pm	Advanced	Progression	Progression	Progression	Progression	Progression	Progression
6.00pm	Progression	Progression	Foundation	Advanced			
7.00pm	Progression	Advanced	Advanced	Progression			
8.00pm	Progression	Progression	Progression	Foundation			
9.00pm	Progression	Foundation	Progression	Progression			

PILATES BY GEL - CAULFIELD RECREATION CENTRE

	MON	TUES	WED	THURS	FRI	SAT	SUN
8.30am		Foundation	Foundation	Foundation	Progression	Foundation	Progression
9.30am	Foundation	Progression	Foundation	Foundation	Foundation	Progression	
10.30am	Progression	Foundation	Progression	Progression	Progression		
11.30am	Progression						
6pm	Foundation	Foundation	Progression	Progression			
7pm	Progression	Progression	Foundation	Foundation			

CLASS DESCRIPTIONS

Foundation – 45 mins

This class is the perfect place to start your Reformer Pilates Journey. It's also great if you are wanting to revisit the principles of the Pilates Method at a slower pace, with more focus on the foundations.

It includes a brief induction to the Reformer Bed followed by exercises designed to improve coordination, core strength, balance, stability and awareness.

Suitable for all ages.

Progression – 45 mins

This Progressive Reformer Class is an intermediate class, the next step on your Pilates journey!

This class moves at a pace assuming you have a knowledge of Pilates and the equipment. It is a complete workout challenging the whole body, through progressive sequences building on your strength through specific muscle focus. It is our most popular class. Options will be offered to modify or challenge.

We recommend participants should have attended at least three Foundation sessions prior to attending this next level.

Advanced – 45 mins

A high intensity style Reformer session designed to take your Pilates to the highest level.

Classes focus on endurance with faster paced movements and may include moderate impact moves like jumps, HIIT, as well as resistance training.

We recommend participants come along without injuries, and have 3 months experience with Pilates and the equipment.



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BOOKING TIME CHEAT SHEET: Green Time = advanced booking open time

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	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00am	Foundation Saturday 8.00am	Progression Sunday 8.00am	Progression Monday 8.00am	Advanced Tuesday 8.00am	Progression Wednesday 8.00am		
7.00am	Progression Saturday 9.00am	Advanced Sunday 9.00am	Progression Monday 9.00am	Progression Tuesday 9.00am	Foundation Wednesday 9.00am		
8.00am	Progression Saturday 10.00am	Foundation Sunday 10.00am	Progression Monday 10.00am	Foundation Tuesday 10.00am	Progression Wednesday 10.00am	Progression (8.30am) Thursday 10.30am	Progression (8.30am) Friday 10.30am
9.00am	Advanced Saturday 11.00am	Progression Sunday 11.00am	Progression Monday 11.00am	Advanced Tuesday 11.00am	Progression Wednesday 11.00am	Progression (9.30am) Thursday 11.30am	Foundation (9.30am) Friday 11.30am
10.00am	Foundation Saturday 12.00pm	Progression Sunday 12.00pm	Advanced Monday 12.00pm	Progression Tuesday 12.00pm	Foundation Wednesday 12.00pm	Foundation (10.30am) Thursday 12.30pm	Progression (10.30am) Friday 12.30pm
11.00am	Progression Saturday 1.00pm	Progression Sunday 1.00pm	Progression Monday 1.00pm	Progression Tuesday 1.00pm	Progression Wednesday 1.00pm	Progression (11.30am) Thursday 1.30pm	Progression (11.30am) Friday 1.30pm
12.00pm	Progression Saturday 2.00pm	Progression Sunday 2.00pm	Progression Monday 2.00pm	Progression Tuesday 2.00pm	Progression Wednesday 2.00pm		
1.00pm		Progression Sunday 3.00pm			Progression Wednesday 3.00pm	Progression (4.00pm) Thursday 6.00pm	Progression (4.00pm) Friday 6.00pm
5.00pm	Advanced Saturday 7.00pm	Progression Sunday 7.00pm	Progression Monday 7.00pm	Progression Tuesday 7.00pm	Progression Wednesday 7.00pm	Progression Thursday 7.00pm	Progression Friday 7.00pm
6.00pm	Progression Saturday 8.00pm	Progression Sunday 8.00pm	Foundation Monday 8.00pm	Advanced Tuesday 8.00pm			
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10.30am	Progression Saturday 12.30pm	Foundation Sunday 12.30pm	Progression Monday 12.30pm	Progression Tuesday 12.30pm	Progression Wednesday 12.30pm		
11.30am	Progression Saturday 1.30pm						
6pm	Foundation Saturday 8.00pm	Foundation Sunday 8.00pm	Progression Monday 8.00pm	Progression Tuesday 8.00pm			
7pm	Progression Saturday 9.00pm	Progression Sunday 9.00pm	Foundation Monday 9.00pm	Foundation Tuesday 9.00pm			

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