REFORMER PILATES TIMETABLE

Commencing Monday 9 November 2026

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	Foundation	Progression	Progression	Advanced (11.30am)	Progression (11.30am)
12.00pm	Progression	Progression	Progression	Progression	Progression		
1.00pm		Progression		Activate	Progression		
4.00pm					Foundation	Progression	Progression
5.00pm	Advanced	Progression	Progression	Progression	Progression	Progression	Progression
6.00pm	Progression	Progression	Foundation	Advanced			
7.00pm	Progression	Progression	Advanced	Progression			
8.00pm	Foundation	Progression	Progression	Foundation			
9.00pm	Progression	Foundation	Progression	Progression			

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.

Restorative Reformer - 30/45 mins

Restorative reformer is a slow-paced, low-impact class focusing on gentle stretching, mindful movement, and deep breathing to reduce stress and improve mobility.

Shoe Guide

Appropriate training shoes are required for all classes with the exception of the following;

Reformer - Grip socks compulsory, Mat pilates, Body balance, Shapes, Qi Gong, Yoga, Mobilise.

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 our equipment. This class is a complete workout challenging the whole body, through progressive sequences building on your strength through specific muscle focus. Participants should have attended at least 3-5 Foundation classes (dependent on experience and ability).

Please seek the guidance of your instructor before moving to Progression. We recommend attending our Foundation classes even if you have practiced Pilates elsewhere. Please arrive 5 mins prior to class start time.

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 Reformer Pilates and our Progression classes. Not suitable for pregnancy. Please seek Instructor guidance before progressing to Advanced.

Advanced Reformer Jump – 45 mins

This high intensity Jumpboard class increases cardiovascular fitness and muscular endurance. Be prepared to sweat and feel the burn!
Not suitable for beginners, pregnancy or participants with injuries.

See Carnegie and Caulfield timetable on next page

REFORMER PILATES TIMETABLE

Commencing Monday 9 November 2026

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

PILATES BY GEL - CARNEGIE MEMORIAL SWIMMING POOL

	MON	TUES	WED	THURS	FRI	SAT	SUN
6.05am	Progression	Foundation	Progression	Progression	Foundation		
7.00am	Foundation	Progression	Foundation	Progression	Advanced	Progression (7.30am)	
8.30am	Progression		Foundation	Progression		Foundation	Progression
9.30am	Foundation	Progression	Advanced	Foundation	Progression	Progression	Foundation
10.30am	Progression	Foundation	Progression	Progression	Foundation	Restore	Progression
11.30am	Activate Reformer	Activate Reformer					
3pm					Progression (1pm)	Progression	Progression
4pm	Progression (4.30pm)					Foundation (4pm)	Foundation (4pm)
5.15pm		Progression		Foundation			
5.30pm	Foundation		Progression				
6.15pm		Foundation		Progression			
6.30pm	Progression		Foundation				
7.15pm		Advanced		Foundation			
7.30pm	Foundation		Progression				
8.15pm				Restore			

PILATES BY GEL - CAULFIELD RECREATION CENTRE

	MON	TUES	WED	THURS	FRI	SAT	SUN
7.30am		Progression					
8.30am		Foundation	Foundation	Foundation	Progression	Foundation	Progression
9.30am	Foundation	Progression	Foundation	Foundation	Foundation	Progression	
10.30am	Progresssion	Foundation	Progression	Progression	Progression		
11.30am	Foundation						
5pm	Foundation	Foundation		Progression			
6pm	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.

Reformer Activate – 45 mins

This 45 minute Reformer Pilates class is designed to help improve mobility, strength, balance and stability in older adults.
Simple moves with strong results

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 our equipment. This class is a complete workout challenging the whole body, through progressive sequences building on your strength through specific muscle focus. Participants should have attended at least 3-5 Foundation classes (dependent on experience and ability)

Please seek the guidance of your instructor before moving to Progression. We recommend attending our Foundation classes even if you have practiced Pilates elsewhere. Please arrive 5 mins prior to class start time.

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 Reformer Pilates and our Progression classes. Not suitable for pregnancy. Please seek Instructor guidance before progressing to Advanced.

Shoe Guide

Appropriate training shoes are required for all classes with the exception of the following;

Reformer Pilates - (Grip socks compulsory)
Mat Pilates, Body Balance, Shapes, Qi Gong, Yoga, Mobilise.