



HOLIDAY REFORMER PILATES TIMETABLES



Monday 23 December to Sunday 29 December

PILATES BY GEL - GESAC

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

	MON 23 DEC	TUES 24 DEC	WED 25 DEC	THURS 26 DEC	FRI 27 DEC	SAT 28 DEC	SUN 29 DEC	
6am	Foundation	Progression	CLOSED		Progression			
7am	Progression	Advanced				Foundation		
8am	Progression	Foundation				Progression	Progression (8.30am)	Progression (8.30am)
9am	Advanced	Progression			Advanced	Progression	Progression (9.30am)	Foundation (9.30am)
10am	Foundation	Progression			Progression	Foundation	Foundation (10.30am)	Progression (10.30am)
11am	Progression	Progression			Foundation	Progression	Progression (11.30am)	Progression (11.30am)
12pm	Progression	Progression			Progression	Progression		
1pm		Progression				Progression		
4pm							Progression	Progression
5pm	Advanced					Progression		
6pm	Progression							
7pm	Progression							
8pm	Progression							
9pm	Progression							
9pm	Progression							

PILATES BY GEL - CAULFIELD RECREATION CENTRE

	MON 23 DEC	TUES 24 DEC	WED 25 DEC	THURS 26 DEC	FRI 27 DEC	SAT 28 DEC	SUN 29 DEC	
8.30am		Foundation	CLOSED		Progression	Foundation	Progression	
9.30am	Foundation	Progression			Foundation (9am)	Foundation	Progression	
10.30am	Progression	Foundation			Progression (10am)	Advanced		
11.30am	Progression							
5pm								
6pm	Foundation							
7pm	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.

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.



HOLIDAY REFORMER PILATES TIMETABLES

Monday 30 December to Sunday 5 January



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

PILATES BY GEL - GESAC

	MON 30 DEC	TUES 31 DEC	WED 1 JAN	THURS 2 JAN	FRI 3 JAN	SAT 4 JAN	SUN 5 JAN
6am	Foundation	Progression		Advanced	Progression		
7am	Progression	Advanced		Progression	Foundation		
8am	Progression	Foundation		Foundation	Progression	Progression (8.30am)	Progression (8.30am)
9am	Advanced	Progression		Advanced	Progression	Progression (9.30am)	Foundation (9.30am)
10am	Foundation	Progression		Progression	Foundation	Foundation (10.30am)	Progression (10.30am)
11am	Foundation	Foundation		Progression	Progression	Progression (11.30am)	Progression (11.30am)
12pm	Progression	Progression	Progression (1.00pm)	Progression	Progression		
1pm		Progression	Progression (2.00pm)		Progression	Progression (4pm)	Progression (4pm)
5pm	Advanced			Progression			
6pm	Progression			Advanced			
7pm	Progression			Progression			
8pm	Progression						
9pm	Progression						

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

PILATES BY GEL - CAULFIELD RECREATION CENTRE

	MON 30 DEC	TUES 31 DEC	WED 1 JAN	THURS 2 JAN	FRI 3 JAN	SAT 4 JAN	SUN 5 JAN
8.30am		Foundation		Foundation	Progression	Foundation	Progression
9.30am	Foundation	Progression		Foundation	Foundation	Progression	
10.30am	Progression	Foundation		Progression	Advanced		
11.30am	Progression						
6pm	Foundation			Progression			
7pm	Progression			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.



HOLIDAY REFORMER PILATES TIMETABLES

Monday 6 January to Sunday 12 January



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

PILATES BY GEL - GESAC

	MON 6 JAN	TUES 7 JAN	WED 8 JAN	THURS 9 JAN	FRI 10 JAN	SAT 11 JAN	SUN 12 JAN
6am	Foundation	Progression	Progression	Advanced	Progression		
7am	Progression	Advanced	Foundation	Progression	Foundation		
8am	Progression	Foundation	Progression	Foundation	Progression	Progression (8.30am)	Progression (8.30am)
9am	Advanced	Progression	Progression	Advanced	Progression	Progression (9.30am)	Foundation (9.30am)
10am	Foundation	Progression	Advanced	Progression	Foundation	Foundation (10.30am)	Progression (10.30am)
11am	Progression	Progression	Progression	Progression	Progression	Progression (11.30am)	Progression (11.30am)
12pm	Progression	Progression	Progression	Progression	Progression		
1pm		Progression			Progression		
4pm						Progression	Progression
5pm	Advanced	Progression	Progression	Progression	Progression		Progression
6pm	Progression	Progression	Foundation	Advanced			
7pm	Progression	Advanced	Advanced	Progression			
8pm	Progression	Progression	Progression	Foundation			
9pm	Progression	Foundation	Progression	Progression			

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

PILATES BY GEL - CAULFIELD RECREATION CENTRE

	MON 6 JAN	TUES 7 JAN	WED 8 JAN	THURS 9 JAN	FRI 10 JAN	SAT 11 JAN	SUN 12 JAN
8.30am		Foundation	Foundation	Foundation	Progression	Foundation	Progression
9.30am	Foundation	Progression	Foundation	Foundation	Foundation	Progression	
10.30am	Progression	Foundation	Progression	Progression	Advanced		
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.