

Ebb&Flow

YOGA PILATES BARRE

REFORMER TIMETABLE

Monday

07:00 - 07:55 Reformer FUNDAMENTALS

16:45 - 17:40 Reformer TRANSFORM

Tuesday

09:15 - 10:10 Reformer FUNDAMENTALS

10:15 - 11:10 Reformer TRANSFORM

18:45 - 19:40 Reformer FUNDAMENTALS

19:45 - 20:40 Reformer TRANSFORM

Reformer FUNDAMENTALS:

This class is for all levels and will focus on the fundamentals of Reformer Pilates including control, stability, core activation, posture and technique. Suitable for beginners and with only 6 clients per class, you will have maximum tailored instruction from your teacher to gain maximum benefit!

Wednesday

07:00 - 07:55 Reformer TRANSFORM

16:00 - 16:55 Reformer CORE

17:00 - 17:55 Reformer FUNDAMENTALS

Thursday

09:15 - 10:10 Reformer CORE

10:15 - 11:10 Reformer FUNDAMENTALS

17:00 - 17:55 Reformer CORE

18:00 - 18:55 Reformer TRANSFORM

19:00 - 19:55 Reformer FUNDAMENTALS

Reformer TRANSFORM:

This class is a full body workout focused on strength & control through dynamic exercises. You will be given variations and options to adjust your spring tension so is suitable for all levels. Although we recommend attending the fundamentals class before joining this class, it's not necessary!

Friday

07:00 - 07:55 Reformer CORE

08:00 - 08:55 Reformer FUNDAMENTALS

09:00 - 09:55 Reformer TRANSFORM

Saturday

No classes currently

Sunday

08:15 - 09:10 Reformer TRANSFORM

09:15 - 10:10 Reformer FUNDAMENTALS

Reformer CORE:

This class is a strong full body workout including a cardio-core sequence using reformer trampolines to elevate your heart rate and strengthen your core. This class is suitable for clients with some reformer experience already.