

Class schedule

Jan/Feb/March 2026

TIME	MON	TUE	WED	THU	FRI
6:00 - 7:00					
7:00 - 8:00		pilates intermediate			pilates intermediate
8:00 - 9:00		8:15 pilates foundational			8:15 pilates foundational
9:00 - 10:00					
10:00 - 11:00					
11:00 - 12:00					
12:00 - 13:00					
13:00 - 14:00					
14:00 - 15:00					
15:00 - 16:00					
16:00 - 17:00	pilates foundational			pilates foundational	
17:00 - 18:00	pilates intermediate			pilates intermediate	

Class Descriptions

Pilates Foundational

Level: **Beginner**

A classic mat pilates class, for those new to pilates or needing to get back to basics. The focus on core activation, body awareness, and foundational movement patterns.

Pilates Intermediate

Level: **Intermediate**

A classic mat pilates class, for those who have done pilates before and are ready for a challenge. This class incorporates the intermediate BASI repertoire.

Pilates Advanced

Level: **Advanced**

A classic pilates mat class (by invitation only) for those willing to push their limits and achieve the advanced movements in the BASI pilates repertoire.

Desk Detox

Level: **Beginner/Intermediate**

A 45 min mobility, posture and core class. For those sitting at a desk all day who feel a bit achy and stiff – a great midday reset for a productive afternoon.

Pilates for Runners

Level: **Intermediate**

Ideal for trail runners, this is a pilates mat class with a focus on single leg strength, ankle stability, and myofascial sling lines, all of which contribute to injury free running.

Form & Function

Level: **Intermediate**

A non-traditional class that combines pilates + strength + balance + mobility. For anyone who needs a change from the classic mat flow or wants more major muscle group work.

Gentle Flow

Level: **Beginner**

The calm in the storm. A flow through gentle stretches, core activation, breathwork, and feel-good movements. For anyone who needs a pause from the busyness.

Duo

Level: **Client Specific**

A classic mat pilates class for two people of similar strength levels. Allows for more individualized attention and deeper work than a group class. My favourite to teach!

Private

Level: **Client Specific**

A one-on-one session focused on individual needs and capability. Deep and specific. Recommended before joining a class if you are a newcomer or want to fine tune your technique.

Class rates (2026)

Mat class 5 pack R1000

Mat class 10 pack R1800

Mat class drop in R250

Private session R650

Private session 5 pack R3000

Duo session R375 each

Duo 5 pack R1500 each

Please note: all packages expire after 3 months of purchase

You can book and purchase online, or pay in studio, or EFT.