

Reformer Pilates Timetable - Cardinia Life



**Cardinia
Life**



22nd to 28th December 2025

REFORMER PILATES	22-Dec 5.30am-9pm		23-Dec 5.30am-9pm		24-Dec 5.30am-5pm		25-Dec CLOSED		26-Dec 8am-7pm		27-Dec 8am-7pm		28-Dec 8am-7pm	
	MON		TUE		WED		THU		FRI		SAT		SUN	
	6.00am						CHRISTMAS DAY		BOXING DAY					
	7.00am													
	8.10am										Reformer Pilates Sarah			
	8.15am				Mindful Movement Studio Class Wendy									
	9.30am				Reformer Pilates Wendy									
	10.30am				Mindful Movement Studio Class Wendy									
	10.45am		Mindful Movement Studio Class Mel											
	11.45am													
	5.30pm		Reformer Pilates Wendy											
	6.30pm													

Reformer Class Descriptions

Reformer Pilates - 50mins

A low impact small group class, designed for all abilities & fitness levels with qualified instructors. A full body workout using spring loaded resistance reformer beds with a focus on building strength, improving flexibility, balance and posture.

Restorative Reformer - 50mins

Gentle, slower paced class designed to focus on stretching and flexibility. Specific exercises to help release tension, improve mobility, enhance flexibility and improve overall physical and emotional well-being.

Mindful Movement Studio Class - 50mins

Utilising a comprehensive range of Pilates apparatus including Wunda Chair, Barrel, Tower and Reformer. Our certified instructors create tailored classes designed to build strength, enhance mobility, refine techniques, and improve overall well being.

Grip socks

Grip socks are required for the following reasons:

- **Safety:** Grip socks contain a non-slip sole that enhances traction and helps prevent slips or falls during reformer workouts.
- **Hygiene:** Grip socks contribute to a cleaner, more hygienic environment for everyone in the studio.
- **Performance & Stability:** Grip socks support better balance, control and help improve overall performance allowing smoother transitions during reformer exercises.

If you don't have grip socks, they are available for purchase at reception.

Terms & Conditions apply*

All Reformer & Mindful Movement Classes are not included in current Cardinia Memberships! For full pricing structure please see reception or visit www.cardinialeisure.com.au.

Once you have purchased a pack, a pre-screening form will be emailed to you to complete & return a minimum of 24 hours prior to your first class.

Cancellation Policy

1. Early Cancellation (12+ hours before class) – No penalty – your class pass will be retained
2. Late Cancellation or No Show (within 12 hours of class start) – Your class pass will be forfeited.
3. If Cardinia Life needs to cancel a class You will be notified in advance, and your class pass will not be affected.

Start times:

Each class runs for 50 minutes. We strive to begin and end all classes promptly. Please ensure that you arrive 5 minutes prior to the scheduled start time to ensure a safe and smooth beginning.

Reformer Pilates Timetable - Cardinia Life

29th December 2025 to 4th January 2026



REFORMER PILATES	29-Dec 5.30am-9pm		30-Dec 5.30am-9pm		31-Dec 5.30am-5pm		1-Jan 8.00am-7pm		2-Jan Normal Hrs		3-Jan Normal Hrs		4-Jan Normal Hrs	
	MON		TUE		WED		THU		FRI		SAT		SUN	
	6.00am						NEW YEARS DAY							
	7.00am													
	8.10am										Reformer Pilates Alex			
	8.15am													
	9.30am				Reformer Pilates Alex									
	10.30am													
	10.45am													
	11.45am													
	5.30pm													
	6.30pm													

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Commencing Monday 5th-11th January 2026



REFORMER PILATES	5-Jan Normal Hrs	6-Jan Normal Hrs	7-Jan Normal Hrs	8-Jan Normal Hrs	9-Jan Normal Hrs	10-Jan Normal Hrs	11-Jan Normal Hrs
	MON	TUE	WED	THU	FRI	SAT	SUN
	6.00am						
	7.00am	Reformer Pilates Nicole		Reformer Pilates Alex			
	8.10am					Reformer Pilates Alex	
	8.15am						
	9.30am			Reformer Pilates Wendy			
	10.30am			Mindful Movement Studio Class Wendy	Reformer Pilates Nicole	Restorative Reformer Nicole	
	10.45am	Mindful Movement Studio Class Mel					
	11.45am						
	5.30pm	Reformer Pilates Wendy		Reformer Pilates Wendy			
	6.30pm						

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