

Pilates Classes 2026 – Term 2

pilates@fusionphysio.nz

Morning Classes

Monday	Tuesday	Wednesday	Thursday	Friday
		6.15am - 7.00am <i>Reformer L1/L2</i> Tracy		

Midday Classes

Monday	Tuesday	Wednesday	Thursday	Friday
11.00am - 11.45am <i>Reformer L1</i> Tracy	11.00am - 11:45 pm <i>65+ B&C Circuit</i> Tracy	11.10am - 11:55am <i>Osteo Safe Reformer</i> Tracy	11:15 am - 12.00 pm <i>Osteo Safe Reformer</i> Tracy	
11.55am - 12:40pm <i>Reformer L2</i> Tracy	11.55pm - 12.40pm <i>Bone Health Circuit</i> Tracy	12.00pm - 12.45pm <i>Beginner reformer</i> Tracy	12.05pm - 12.50pm <i>Reformer L1</i> Tracy	11:55pm - 12:40pm <i>Reformer L1/2</i> Liv
12.45am - 1.30pm <i>Reformer L1</i> Tracy	12:50 pm - 1:35 pm <i>Rehab circuit</i> Tracy	1.00pm - 1.45pm <i>Osteo safe circuit</i> Tracy	1.00pm - 1.45pm <i>Reformer L1</i> Tracy	

Evening Classes

Monday	Tuesday	Wednesday	Thursday	Friday
			4.30pm - 5.15pm <i>Beginner Reformer</i> Tracy	
5pm - 5.45pm <i>Mat L1</i> Daphne	5.00pm - 5.45pm <i>Beginner Reformer</i> Freya		5.25pm - 6.10pm <i>Reformer L1</i> Tracy	
5.50pm - 6.35pm <i>Mat L1</i> Daphne	5.55pm - 6.40pm <i>Reformer L1</i> Freya		6.15pm - 7pm <i>Reformer L2</i> Tracy	
6.45pm - 7.30pm <i>Mat L1</i> Daphne				