CORELUME
PILATES

MOVEMENT. STRENGTH. ALIGNMENT.

WEEKLY CLASS SCHEDULE
MILNERTON, CAPE TOWN

MONDAY – FRIDAY | REFORMER

06:00 – 06:50	Reformer Flow
07:00 – 07:50	Reformer Strength
08:00 – 08:50	Reformer Sculpt
10:00 – 10:50	Reformer Flow
16:00 – 16:50	Reformer Sculpt
17:00 – 17:50	Reformer Strength
18:00 – 18:50	Reformer Flow

MONDAY – FRIDAY | MAT

09:00 – 09:50	Mat Pilates

MONDAY – FRIDAY | PRIVATE SESSIONS

11:00 – 15:50	Private Reformer Pilates Sessions

Private sessions are available by appointment.

SATURDAY | REFORMER

08:00 – 08:50	Reformer Flow
09:00 – 09:50	Reformer Sculpt
10:00 – 10:50	Beginner Reformer

SATURDAY | MAT

11:00 – 11:50	Mat Pilates

SUNDAY | OPTIONAL CLASSES

10:00 – 10:50	Reformer Flow
11:00 – 11:50	Mat Pilates

Sunday sessions are optional and subject to demand and availability.

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CLASS INFORMATION
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CLASS DESCRIPTIONS

Reformer Flow	Full-body movement, mobility and balance using the Reformer.
Reformer Strength	Controlled resistance, strength and stability.
Reformer Sculpt	Core-focused conditioning and endurance.
Beginner Reformer	An introduction to Pilates fundamentals and technique.
Mat Pilates	Mindful, full-body Pilates using body weight and small props.

STUDIO DETAILS

Class duration: 50 minutes	Reformer equipment: 4 machines; maximum 4 clients per Reformer class
Mat class capacity: subject to available floor space	10-minute intervals between sessions for cleaning and preparation
Operating hours: 06:00–19:00, Monday–Saturday	Sunday sessions optional
Private sessions: 11:00–15:50, Monday–Friday	Private sessions available by appointment

MOVE BEAUTIFULLY, LIVE FULLY.
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