



Studio Class Schedule

How to Book: freemovementpilates.janeapp.com **Class Levels:** Beginner (new/returning students), Open Level (mixed experience/modifications/progressions provided), Intermediate/Advanced (more complex flows).

Visit our website for [Detailed Descriptions of Classes.](#)

Monday:

7:30am	Reformer · Open Level	Liesl
8:30am	Mat · Open Level	Liesl
9:30am	Reformer · Open Level	Liesl
10:30am	Tower · Open Level	Liesl
1:30 pm	Tower · Open Level	Talia
4:30pm	Reformer/Tower · Beginner	Liesl
5:30pm	Tower · Open Level	Liesl
6:30pm	TRIO · Beginner Reformer/Tower	Liesl

Tuesday:

9:30am	Reformer · Open Level	Karly
10:30am	Tower · Open Level	Karly
6:30pm	Tower/Reformer · Open Level	Karly

Wednesday:

7:30am	Tower · Open Level	Liesl
10:30am	Reformer · Open Level	Liesl
1:05pm	Tower · Advanced (Contact to Book)	Talia
4:30pm	Tower · Open Level	Liesl
5:30pm	TRIO · Beginner Reformer/Tower	Liesl
6:30pm	TRIO · Beginner Reformer	Kim

Thursday:

9:30am	Tower · Open Level	Karly
11:00am	Tower · Open Level	Talia
5:30pm	Tower · Open Level	Tammy
6:30pm	TRIO · Beginner Reformer/Tower	Tammy

Friday:

6:15am	Reformer · Intermediate	Karly
8:30am	TRIO · Beginner Reformer/Tower	Karly
9:30am	Tower · Open Level	Liesl
10:30am	Reformer · Cardio Jumpboard · Int.	Karly
1:00pm	Tower/Reformer · Beginner	Liesl

Saturday:

11:15am	Tower · Intermediate	Talia
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Pilates Services

All Pilates sessions are 50 minutes.

Private Pilates or Duet Semi-Private Sessions: A fully individualized session with a certified Pilates Instructor or train alongside a friend, family member, or partner while sharing the cost of a private session. Clients will share the instructor's attention and can schedule based on mutual availability. Each client will still be guided and challenged at their own level.

Focus on learning proper technique, body alignment, and the foundational principles of Pilates while training safely on the equipment.

How to Book:

Visit www.freemovementpilates.com or [click here to view instructor bios](#).

You may contact your preferred instructor directly to schedule, or complete our [New Client Survey](#) (link also on website), and we'll help match you with the right instructor.

Pilates Apparatus Classes: Small-group classes using Pilates Reformers and Tower/Wall Units.

Experience the benefits of spring resistance training in a supportive, small-group environment. Springs assist and challenge the body to move with proper alignment, creating stability, strength, or stretch depending on the exercise.

Trio Mixed Equipment (3 clients max)

A semi-private experience using a mix of Pilates apparatus (Reformer, Tower, or Chair).

Each session is customized to the group's level and goals, offering the perfect balance between individual attention and group motivation. [Book Trio](#)

Reformer Apparatus Class (4-5 clients max)

Perform a mixed of classical, contemporary, and restorative Pilates sequences on Balanced Body Reformers.

A full-body workout using spring resistance that targets the core, legs, arms, back, and shoulders while improving strength, alignment, and core stability. [Book Reformer](#)

Tower Class (7 clients max)

A dynamic class performed on a raised, padded mat with attached springs and bars.

This class blends classical mat work with resistance training to build strength, flexibility, and spinal mobility, enhancing posture and movement efficiency. [Book Tower](#)

Pilates Mat Classes

Mat Pilates challenges the body without the assistance of equipment springs.

Students use their own body weight for resistance while flowing through classical Pilates sequences.

Props such as Magic Circles, therabands, foam rollers, and light weights are added to increase challenge and variety.

A great way to build deep core strength, control, and body awareness. [Book Mat](#)