



Updated: 8.8.2026

Pilates Class Studio Schedule

Our experienced instructors each bring their own unique teaching style and expertise, while sharing a passion for helping **every** body move, strengthen, and feel its best. **New to Free Movement Pilates?** Welcome!

Please complete our [New Client Survey Here](#), and we'll help you find the best place to begin your Pilates journey.

Ready to Book Your Class? Click on the blue link to take you to the type of class you are booking in Jane then find the date and time of that class. **Scroll Down for Class Descriptions by Instructor (updating 8.8)**

Monday:

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

Tuesday:

9:30am	Classical Reformer Flow · Open Level	Karly
10:30am	Tower Power · Open Level	Karly
12:30pm	Pilates' Mat · Open Level	Kim
5:00pm	TRIO · Open Level	Kim
5:30pm	Tower/Reformer · Open Level	Karly

Wednesday:

10:30am	Reformer · Open Level	Liesl
1:00pm	Tower · Advanced (Contact to Book)	Talia
4:30pm	Tower · Open Level	Liesl
5:30pm	TRIO · Beginner Reformer/Tower	Liesl

Thursday:

9:30am	Reformer/Tower/TRX · Open Level	Karly
11:00am	Tower · Open Level	Talia

Friday:

6:15am	Reformer · Open Level	Kim
7:30am	Reformer · Open Level	Kim
9:30am	Tower · Open Level	Liesl
1:00pm	Tower/Reformer · Beginner	Liesl

Saturday:

11:15am	Tower · Intermediate	Talia
---------	--------------------------------------	-------



Pilates Services & Class Descriptions

All Pilates sessions are 50 minutes.

Our experienced instructors each bring their own unique teaching style and expertise, while sharing a passion for helping **every body** move, strengthen, and feel its best. **New to Free Movement Pilates?** Welcome! Please complete our [New Client Survey Here](#), and we'll help you find the best place to begin your Pilates journey.

Private Pilates or Semi-Private (Duet) Sessions

Experience personalized Pilates instruction tailored to your individual goals, needs, and abilities. Choose a one-on-one private session or share the experience (and the cost) with a friend, family member, or partner in a semi-private session. In semi-private sessions, each client receives individualized instruction while sharing the instructor's attention. Sessions are scheduled based on everyone's availability, and each participant is guided and challenged at their own level. Whether you're new to Pilates or looking to refine your practice, you'll develop proper technique, improve body alignment, and build a strong foundation in the Pilates method while training safely and effectively on our equipment.

Book a privates & duet session:

Visit our website: www.freemovementpilates.com or [click here to view instructor bios](#). You may contact your preferred instructor directly to schedule, or fill out our [New Client Survey Here](#) and we'll help you find the best place to begin your Pilates journey.

Pilates Apparatus Classes

Small-group classes using Balanced Body 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 Group Apparatus (3 students max) A semi-private group experience using a mix of Pilates apparatus (Reformer/Tower). Enjoy the supportive vibes of a group setting with the individualized, tailored attention you would receive in a private session, with each session customized to the group's level and goals. [Book Trio](#)

Reformer Class (5 students max) Your instructor will guide you through a mix of Pilates sequences on our 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 students max) A dynamic class performed on a raised, padded mat with attached springs and bars. This class blends classical matwork with resistance training to build strength, flexibility, and spinal mobility, enhancing posture and movement efficiency. [Book Tower](#)

Tower/Reformer Apparatus Class (7 students max) A full-body Pilates experience designed to build strength, improve mobility, and help you move with confidence. Using the Reformer AND the Tower, each class challenges your core, enhances balance and flexibility, and leaves you feeling stronger, taller, and more connected to your body. Open to all experience levels, with modifications and progressions offered throughout class. [Book Tower/Reformer under Tower in Jane](#).

Mat Pilates (12 students max) Pilates' matwork builds the fundamentals and foundations behind the system of exercises Joseph Pilates developed over 100 years ago. He called his system: Contrology: Complete Coordination of Mind, Body, and Spirit. 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](#)

