

Group Class Timetable - City Studio

movementprinciple.com.au
book via MINDBODY app
classes subject to change at any time

MONDAY AFTERNOON

Reformer - Intro/Basics
12pm

TRX
12pm

Reformer - Balance
12:45pm

MONDAY EVENING

Reformer - Balance
5:15pm

Mat - Level 1
5:15pm

Reformer - Balance
6pm

Reformer - Extend
6:45pm

TUESDAY MORNING

TRX
7am

TUESDAY AFTERNOON

Reformer - Balance
12pm

Mat - Level 2
12pm

TRX
12:45pm

Reformer - Balance
12:45pm

TUESDAY EVENING

Reformer - Balance
4:15pm

Reformer - Balance
5:15pm

Reformer - Balance
6pm

TRX
6pm

Reformer - Balance
6:45pm

WEDNESDAY MORNING

Reformer - Balance
6:15am

Reformer - Intro/Basics
7am

WEDNESDAY AFTERNOON

Reformer - Elevate
12pm

Reformer - Balance
12:45pm

TRX - Advanced/Invite Only
12:45pm

WEDNESDAY EVENING

Reformer - Balance
5:15pm

Mat - Level 2
5:15pm

Reformer - Balance
6pm

THURSDAY MORNING

TRX
6:15am

Reformer - Balance
7am

THURSDAY AFTERNOON

Reformer - Balance
11:15pm

Reformer - Balance
12pm

TRX
12pm

Reformer - Extend
12:45pm

THURSDAY EVENING

Reformer - Balance
4:15pm

TRX
5:15pm

Reformer - Balance
6pm

FRIDAY MORNING

Reformer
7am

Reformer - Advanced/Pro
11:15am

FRIDAY AFTERNOON

TRX - Intro/Basics
12pm

Reformer - Balance
12pm

Reformer - Balance
12:45pm

MOVEMENT PRINCIPLE

PILATES

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Reformer - Intro/Basics

A great place to start on the Reformer! Covering all of the body in a well rounded workout, extra attention on foundational movement patterns and techniques. Perfect for beginners, or anyone wanting to revisit the basics and improve their technique.

Reformer - Balance

This class focusses on balancing all of the structures of the body. Suitable for all levels, Balance offers a well-rounded approach to making sure every part of the body is activated and every muscle worked. The perfect choice for your regular weekly or daily practice with an all-over workout.

Reformer - Extend

Extend your pilates practice and your knowledge as you push your achievements further and explore the more complex and creative elements of the Reformer repertoire.

A strong foundation in pilates technique is a must. Expect to be challenged!

An initial consultation (private class) is recommended if you are very new to exercising or have any past or present injuries or medical conditions.

Reformer - Elevate

Elevate your heart rate, challenge your practice. All the cardio benefits that come from the traditional repertoire mixed in with extra weight-bearing opportunities and challenging choreography to maximise your heart and fitness benefits. In this class we often use the reformer jumpboard to increase challenge and maximise cardio output, whilst conditioning, strengthening and toning the whole body. High output, low impact.

TRX

A full body workout using the TRX suspension system and taught with the pilates principles of alignment, posture and control. This class utilizes your own body weight for resistance in a variety of upper body, lower body and core exercises providing a strong, fitness-based workout that leaves you sweating! Please wear sneakers for safety.

MAT - Level 1

A great place to start your pilates journey! This basic to progressive level class will guide you through the fundamentals of pilates movements and principles, working the whole body throughout the class. Often using props to assist or challenge, this class will be a little different each time but with common themes and exercises to help you feel stronger and more confident each class.

MAT - Level 2

This is the class for you once you've mastered the basics! A progressive to intermediate level class, expect layering of different concepts and more combinations of movement patterns and directions. Rollers, bands, balls and weights will be used to add variety and instability helping you to deepen your understanding and work the whole body.

Level 2/45 Adelaide St, Brisbane City
07 3368 2264

info@movementprinciple.com.au

Most classes are suitable for anyone new to our studio, provided they have a basic level of fitness and no current injuries.

Drop us a line if you're unsure.

Please let us know if you are pregnant, most classes unsuitable beyond 15 weeks pregnancy.

Pricelist

Casual \$25

Package of 5 \$120 (valid 2 months)

Package of 10 \$200 (valid 3 months)

Monthly Group Pass - 15 classes/30 days \$175

2 Class per Week Membership - \$130/mth

3 Class per Week Membership - \$160/mth