

ReFormer Pilates Class Schedule

MONDAY

9:00am - ReForm Strength with Christina
10:00am - ReForm Contemporary with Christina
11:30am - ReForm Contemporary with Stine
5:00pm - ReForm Strength with Britt
6:30pm - ReForm Contemporary with Tessa

TUESDAY

9:00am - Intro to Reformer *New Member Exclusive
10:00am - Reform for Mobility with Tessa
5:00pm - ReForm Contemporary with Britt
6:30pm - ReForm Contemporary with Lisa

WEDNESDAY

9:15am - ReForm Strength with Tessa
10:15am - Cardio Sculpt ReForm with Danaï
6:30pm - ReForm Contemporary with Britt

THURSDAY

11:00am - ReForm Contemporary with Tessa
5:30pm - Intro to Reformer *New Member Exclusive
6:30pm - Cardio Sculpt ReForm with Lisa

FRIDAY

9:00am - ReForm Contemporary with Tessa
10:15am - Intro to Reformer *New Member Exclusive
4:30pm - ReForm Contemporary with Tessa

SATURDAY

8:15am - Cardio Sculpt ReForm with Danaï
9:15am - ReForm Contemporary with Christina
10:15am - Intro to Reformer *New Member Exclusive
11:15am - ReForm Contemporary with Christina

SUNDAY

9:15am - ReForm Contemporary with Christina
10:15am - Cardio Sculpt ReForm with Christina
11:15am - ReForm Beginner Slow Flow with Christina

*updated 12/11/25



Please cancel within 24 hours of class to avoid losing your session. No-shows will result in loss of session.

Classes

Our ReForm Pilates classes are taught by Certified Teachers and can help students improve their flexibility, coordination, fluidity, endurance, precision, and stamina.

ReForm

Meant for all levels who are interested a more traditional Reformer Pilates session focusing on a low-impact, total-body workout that help tone muscle and improve strength, flexibility and posture.

ReForm Strength

Total-body workout that help tone muscle and improve strength, flexibility and posture. ReForm Strength combines dumbbells and athletic exercises, while integrating the Reformer!

Cardio Sculpt ReForm

Cardio Sculpt ReForm offers a unique blend of core-focused Pilates and heart-pumping cardio. Experience the Reformer's jump board innovative design, offering smooth, low-impact resistance that's easy on your joints while delivering an effective total-body workout.

ReForm for Mobility

Reformer session focusing on mobility, flexibility, and stabilization for the whole body.

Intro To ReForm (New Member Exclusive)

New to All Sport? New members will automatically receive a complimentary introductory session. This session can be used for any of the Introductory classes, allowing you to experience the foundations of Reformer Pilates in this beginner-friendly session designed just for new members. Learn proper form, build confidence, and discover the strength, alignment, and mobility benefits that make Reformer Pilates a member favorite. A perfect first step on your wellness journey.

ReForm Pilates classes are All Levels, however, certain individuals may require Private Reformer Training or Personal Training prior to our ReForm class. Our ReForm classes are kept to 4 participants at a time to maintain the quality of the practice and the experience.

ReForm Pilates
Studio by All Sport