

# May 2026 Master Training Schedule

## Reformer & Mat Pilates

Navigate the month. Find your flow.



# Navigating Our Schedule



## Reformer Pilates:

Dynamic resistance training on our state-of-the-art studio reformers.



## Mat Pilates:

Core-focused foundational work utilizing bodyweight and small props.

## How to use this guide

- 1 Find your rhythm:**  
Browse our standard weekly timetables to find your ideal training slot.
- 2 Check modifications:**  
Review the May schedule to see temporary instructor absences.
- 3 Meet your masters:**  
View individual instructor profiles for detailed availability.

# May Weekly Rhythm: Morning & Midday

	Mon	Tue	Wed	Thu	Fri
09:00		Adi (Ref) Martina (Mat)		Adi (Ref) Martina (Mat)	Adi (Ref)
10:00		Adi (Ref) Martina (Mat)		Adi (Ref) Martina (Mat)	Adi (Ref)
11:00	Martina (Ref)	Adi (Ref) Martina (Mat)	Martina (Ref)	Adi (Ref) Martina (Mat)	Adi (Ref)
12:00	Martina (Ref)	Martina (Mat)	Martina (Ref)	Martina (Mat) Alessandra (Ref)	
13:00	Barbara (Ref)				
13:15		Martina (Ref)	Barbara (Ref)	Martina (Ref)	
14:15			Barbara (Ref)		

# May Weekly Rhythm: Afternoon & Evening

	Mon	Tue	Wed	Thu	Fri
16:00					Alessandra (Ref)
17:00			Alessandra (Ref)		Alessandra (Ref)
17:15		Alessandra (Mat)		Alessandra (Mat)	



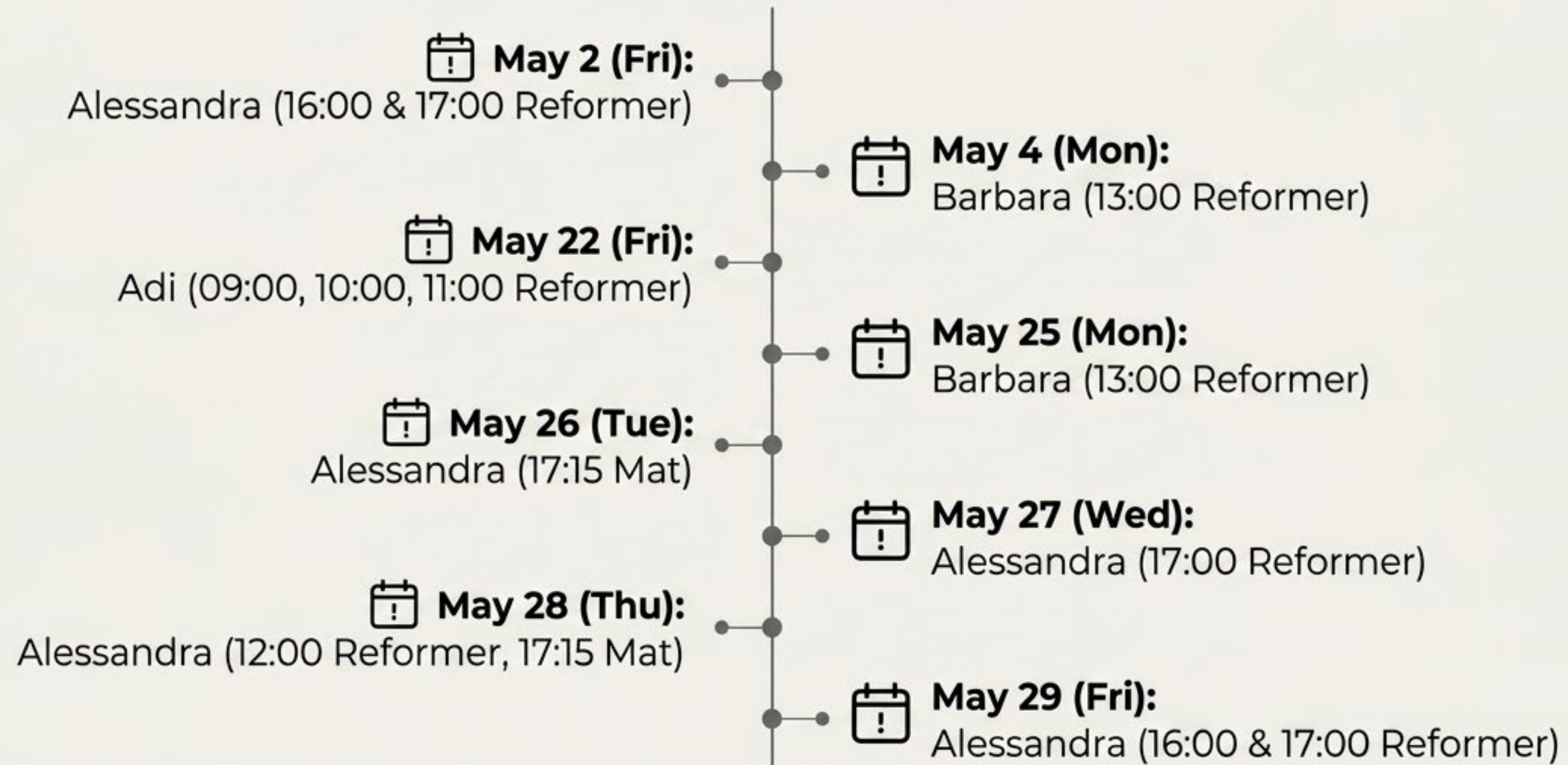
## Exclusive Weekend Pop-Up

Instructor Barbara will teach two special Reformer Pilates sessions on Saturday, May 16th only at 09:00 and 10:00. Space is highly limited.

# Instructors Away, No Classes (May Modifications)

Please note the following instructor absences and class cancellations throughout May.

All other classes run on the standard schedule.



# Instructor Profiles

## Adi (Reformer Specialist)

Reformer Pilates

### Standard Schedule:

Tuesdays, Thursdays, Fridays at 09:00, 10:00, 11:00.

### Absence Dates:

All classes (09:00, 10:00, 11:00) cancelled on May 22.

## Martina (Reformer & Mat)

Reformer

Mat

### Standard Reformer:

Mon/Wed at 11:00, 12:00.  
Tue/Thu at 13:15.

### Standard Mat:

Tue/Thu at 09:00, 10:00, 11:00, 12:00.

### Absence Dates:

None scheduled for May.

# Instructor Profiles

## Barbara (Afternoon Reformer)

Reformer Pilates

**Standard Schedule:** Mondays at 13:00.  
Wednesdays at 13:15, 14:15.

**Special Event:** Saturday Pop-Up on May 16th (09:00, 10:00).

**Absence Dates:** Monday 13:00 class cancelled on May 4 and May 25.

## Alessandra (Evening Reformer & Mat)

Reformer

Mat

**Standard Reformer:** Wed at 17:00. Thu at 12:00. Fri at 16:00, 17:00.

**Standard Mat:** Tue/Thu at 17:15.

**Absence Dates:** Reformer cancelled May 2 (Fri), May 27 (Wed), May 28 (Thu), May 29 (Fri). Mat cancelled May 26 (Tue), May 28 (Thu).

# Secure Your May Routine



Reserve instantly via  
the QR Code.



Please arrive 10 minutes  
prior to your start time to  
align your mind and  
prepare your station.



Standard 24-hour  
cancellation policy applies  
to allow waitlisted  
members to join.\*\*

*We look forward to moving with you this spring.*

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\*\* Failure to cancel a class prior to the 24-hours of your class beginning or being a NO SHOW for your reserved class will result in a LATE/NO SHOW FEE that will be required to be paid prior to the utilization of any other gym services. Thank you.