

# April 2026 Master Training Schedule

Reformer & Mat Pilates

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Navigate the month. Find your flow.

# Navigating Our Schedule

## Our Disciplines



**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 early-April calendar to see temporary instructor absences.



**3. Meet your masters:** View individual instructor profiles for detailed availability.

# April Weekly Rhythm: Morning & Midday

|       | Mon           | Tue                        | Wed           | Thu                               | Fri       |
|-------|---------------|----------------------------|---------------|-----------------------------------|-----------|
| 09:00 |               | Adi (Ref)<br>Martina (Mat) |               | Adi (Ref)<br>Martina (Mat)        | Adi (Ref) |
| 10:00 |               | Adi (Ref)<br>Martina (Mat) |               | Adi (Ref)<br>Martina (Mat)        | Adi (Ref) |
| 11:00 | Martina (Ref) | Adi (Ref)<br>Martina (Mat) | Martina (Ref) | Adi (Ref)<br>Martina (Mat)        | Adi (Ref) |
| 12:00 | Martina (Ref) | Martina (Mat)              | Martina (Ref) | Martina (Mat)<br>Alessandra (Ref) |           |
| 13:00 | Barbara (Ref) | Martina (Ref)              | Barbara (Ref) | Martina (Ref)                     |           |
| 14:00 |               |                            | Barbara (Ref) |                                   |           |

# April 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, **April 11th** only at 09:00 and 10:00. Space is highly limited.

# Instructors Away, No Classes (Apr 1 - Apr 14)

The standard schedule resumes fully on April 15th. Please note the following instructor absences during the first two weeks of the month.

| Wed (Apr 1)  | Thu (Apr 2)  | Fri (Apr 3)   | Sat (Apr 4)  | Sun (Apr 5)  | Mon (Apr 6)  | Tue (Apr 7)  |
|--|--|---|--------------|--------------|--|--|
| <br>Martina<br>Away | <br>Alessandra<br>Away  | <br>Adi<br>Away          |              |              | <br>Martina<br>Away | <br>Adi<br>Away     |
|  | <br>Martina<br>Away     | <br>Adi<br>Away        |              |              | <br>Barbara<br>Away | <br>Martina<br>Away |
|  | <br>Alessandra<br>Away | <br>Alessandra<br>Away |              |              |  |  |
| Wed (Apr 8)  | Thu (Apr 9)  | Fri (Apr 10)  | Sat (Apr 11) | Sun (Apr 12) | Mon (Apr 13)   | Tue (Apr 14)   |
|  | <br>Adi<br>Away       | <br>Adi<br>Away      |              |              |  | <br>Adi<br>Away   |
|  |  |   |              |              |  | <i>(Morning only - Note:<br/>Adl's 11:00 class is<br/>active)</i>                                      |

# Instructor Profiles



Adi (Reformer Specialist)

Reformer Pilates

**Standard Schedule:**

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

**Absence Dates:**

09:00 & 10:00 classes cancelled on Apr 2,  
3, 7, 9, 10, 14.

11:00 classes cancelled on Apr 2, 3, 7, 9, 10  
(11:00 class ON Apr 14 is running).



Martina (Reformer & Mat)

Reformer

Mat

**Standard Reformer:**

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

**Standard Mat:**

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

**Absence Dates:**

Reformer cancelled Apr 1, 6 (11:00/12:00)  
and Apr 2, 7 (13:00). Mat cancelled Apr 7.

# Instructor Profiles



Barbara (Afternoon Reformer)

Reformer Pilates

**Standard Schedule:**

Mondays at 13:00.

Wednesdays at 13:00, 14:00.

**Special Event:**

Saturday Pop-Up on April 11th (09:00, 10:00).

**Absence Dates:**

Monday class cancelled on Apr 6.



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 Apr 1 (Wed), Apr 2 (Thu),  
Apr 3 (Fri). Mat cancelled Apr 2 (Thu).

# Secure Your April 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.*

\*\* 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.