OXFORD ATHLETIC CLUB

FIND YOUR FORM

Pilates Class Schedule

Opening Week · November 16–22

MONDAY

8:00–8:30 AM
Discover Reformer
FREE

8:15–9:00 AM
Chair Pilates

9:15–10:00 AM
Chair Pilates

9:15–10:15 AM
Reformer 1

10:15–11:00 AM
Mat Pilates

10:30–11:00 AM
Discover Reformer
FREE

4:00–4:45 PM
Pilates Arc

5:00–5:45 PM
Chair Pilates

6:00–6:30 PM
Discover Reformer
FREE

TUESDAY

8:00–8:45 AM
Chair Pilates

9:00–9:30 AM
Discover Reformer
FREE

9:15–10:00 AM
Mat Pilates

10:15–11:15 AM
Reformer 2

5:15–6:00 PM
Chair Pilates

6:15–7:15 PM
Reformer 2

WEDNESDAY

7:15–8:00 AM
Pilates Arc

8:00–9:00 AM
Reformer 2

8:15–9:00 AM
Beginner Chair Pilates

9:15–9:45 AM
Discover Reformer
FREE

9:15–10:00 AM
Mat Pilates

5:00–5:45 PM
Pilates Arc

5:15–6:00 PM
Chair Pilates

6:00–6:45 PM
Mat Pilates

6:15–7:15 PM
Reformer 1

THURSDAY

8:00–8:45 AM
Chair Pilates

9:00–10:00 AM
Reformer 1

9:15–10:00 AM
Mat Pilates

9:15–10:00 AM
Chair Pilates

10:15–10:45 AM
Discover Reformer
FREE

5:00–6:00 PM
Chair Pilates

5:15–6:00 PM
Mat Pilates

6:15–6:45 PM
Discover Reformer
FREE

7:00–7:45 PM
Chair Pilates

FRIDAY

6:15–7:00 AM
Chair Pilates

7:15–7:45 AM
Discover Reformer
FREE

8:00–8:45 AM
Chair Pilates

9:00–10:00 AM
Reformer 3

9:30–10:15 AM
Chair Pilates

SATURDAY

8:30–9:15 AM
Chair Pilates

9:30–10:00 AM
Discover Reformer
FREE

9:45–10:30 AM
Beginner Chair Pilates

10:45–11:45 AM
Reformer 1

12:00–12:30 PM
Discover Reformer
FREE

SUNDAY

8:30–9:15 AM
Chair Pilates

9:30–10:00 AM
Discover Reformer
FREE

9:45–10:30 AM
Beginner Chair Pilates

10:45–11:45 AM
Reformer 1

12:00–12:30 PM
Discover Reformer
FREE

FORM · Reformer TONE · Chair BALANCE · Mat and Arc

New to reformer? Start with Discover Reformer, a free 30-minute class.

Book in the Oxford app. Schedule subject to change.