



CLASS TIMETABLE

Winter 2026

MONDAY

Time	Reformer Studio	Floor Studio
7am	Reformer	Wakeup Yoga Flow
8am	Reformer	Mat Pilates
9am	Reformer	Sculpt
10am	Golden Reformer	Yoga Slow Flow
12pm	Reformer	
1pm	Essentials Reformer / Mat (alternate weeks)	
4.30pm	Reformer	Mat Pilates
5.30pm	Reformer	Yoga Power Flow
6.30pm	Reformer	Yoga Slow Flow

TUESDAY

Time	Reformer Studio	Floor Studio
7am	Reformer	
8am	Reformer	Sculpt
9am	Reformer	Mat Pilates
10am		Yoga Slow Flow
11am	Golden Reformer	
12pm	Reformer	
4.30pm	Reformer	Sculpt
5.30pm	Reformer	Yoga Slow Flow
6.30pm	Reformer	Yoga Yin

WEDNESDAY

Time	Reformer Studio	Floor Studio
7am	Reformer	Mat Pilates
8am	Reformer	Sculpt
9am	Reformer	Mat Pilates
10am	Golden Reformer	Golden Mat Pilates
12pm	Reformer	
4.30pm	Reformer	Mat Pilates
5.30pm	Reformer	Sculpt
6.30pm	Reformer	Yoga Slow Flow

THURSDAY

Time	Reformer Studio	Floor Studio
7am	Reformer	Mat Pilates
8am	Reformer	Sculpt
9am	Reformer	Yoga Slow Flow
11am	Golden Reformer	
12pm	Reformer	
4.30pm	Reformer	Mat Pilates
5.30pm	Reformer	Yoga Power Flow
6.30pm	Reformer	Yoga Yin

FRIDAY

Time	Reformer Studio	Floor Studio
7am	Reformer	Sculpt
8am	Reformer	Mat Pilates
9am	Reformer	Yoga Slow Flow
10am		Yoga Yin
11am	Golden Reformer	
12pm	Reformer	

SATURDAY

Time	Reformer Studio	Floor Studio
8am	Reformer	Mat Pilates
9am	Reformer	Sculpt
10am	Reformer	Yoga Slow Flow

SUNDAY

Time	Reformer Studio	Floor Studio
9am	Reformer	Yoga Power Flow
10am	Reformer	Yoga Slow Flow

To see class descriptions please visit hellosunshinestudio.nz

To book your classes + purchase your membership, the easiest way is via the Mindbody App

An introductory reformer session or previous reformer experience is required before attending group reformer classes.