



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 |
|--------|-----------------|----------------|
| 6am | | Mat Pilates |
| 7am | Reformer | |
| 8am | Reformer | Sculpt |
| 9am | Reformer | Mat Pilates |
| 10am | | Yoga Slow Flow |
| 11am | Golden Reformer | Yoga Yin |
| 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 |
|--------|-----------------|-----------------|
| 6am | Reformer | |
| 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.