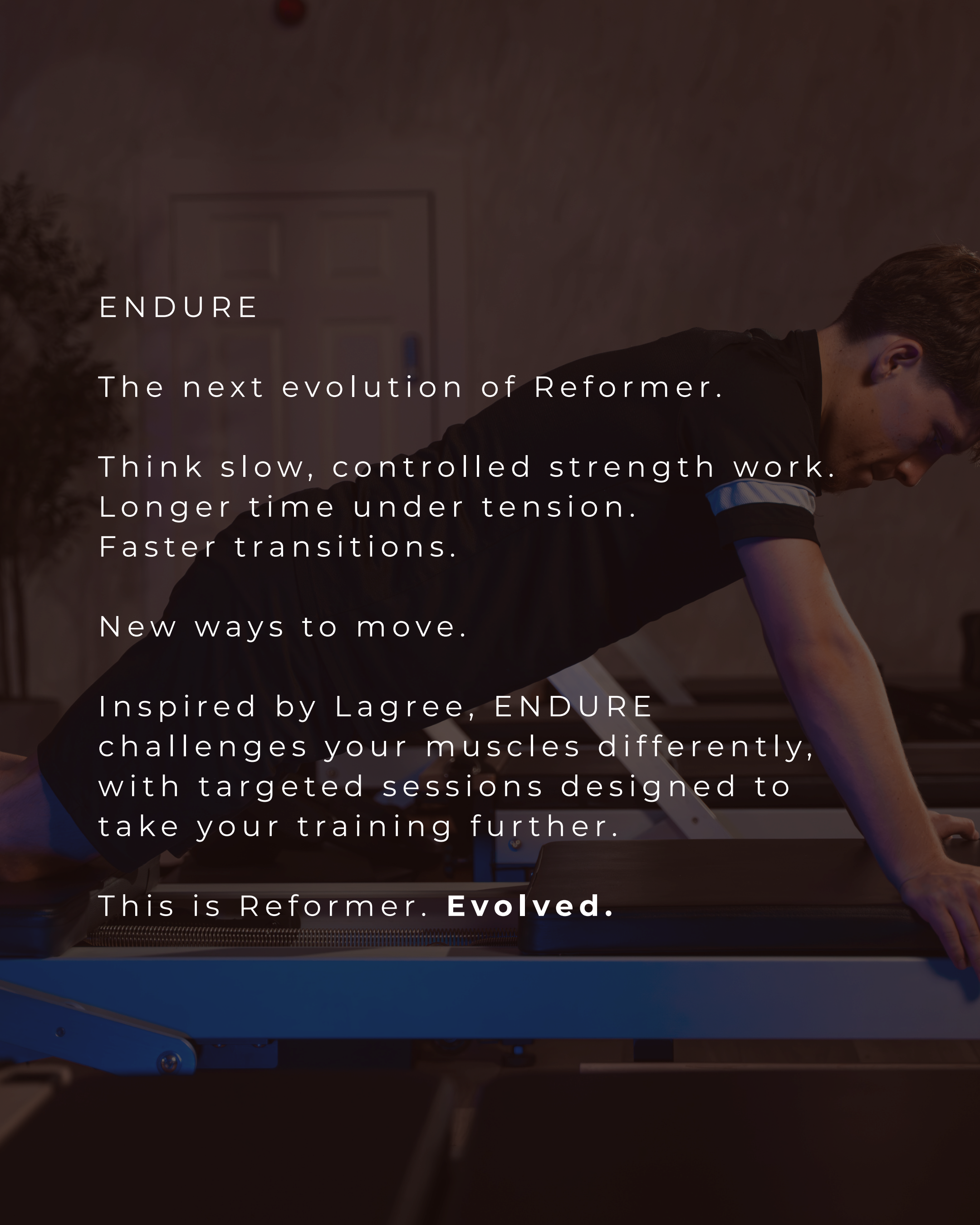




A person is shown in a plank position on a Reformer machine. The machine has a blue frame and a black carriage with a silver spring. The person is wearing a black t-shirt and is leaning forward with their hands on the machine's frame. The background is a dimly lit gym with a white door and some greenery.

ENDURE

The next evolution of Reformer.

Think slow, controlled strength work.
Longer time under tension.
Faster transitions.

New ways to move.

Inspired by Lagree, ENDURE
challenges your muscles differently,
with targeted sessions designed to
take your training further.

This is Reformer. **Evolved.**



POWER PULSE PILATES

Our signature mat Pilates class. Classical Pilates principles meet energising holds, pulses, resistance and controlled movement. Expect the control and connection of Pilates with a **little more energy and intensity.**

POWER PULSE PILATES LITE

A softer place to start, return to movement or slow things down. Perfect if you're new to Pilates, getting back into fitness, or your body is asking for a little less intensity.

Sometimes slowing down is exactly what your body needs **to move forward.**



BARRE

The class you didn't know you were missing.

Small, controlled movements meet energising holds, pulses and a serious burn.

Expect an uplifting, motivating class that challenges your muscles, builds strength and leaves you feeling completely switched on.

Small movements. **Big burn.**



RED LIGHT RECOVERY



A group of people are in a room with red lighting, performing slow movement exercises. They are sitting on patterned mats on the floor, with their arms raised and hands clasped above their heads. A large mirror in the background reflects their movements. The overall atmosphere is calm and focused.

RED LIGHT RECOVERY

Slow movement meets deep red light exposure.

A restorative session designed to help your body and nervous system slow down while supporting relaxation, recovery, skin health and a healthier circadian rhythm.

A chance to **reset, restore** and leave feeling **refreshed.**

EXCLUSIVE TO STUDIO 281 MEMBERS



A woman is shown from the chest up, in profile, looking towards the right. She has blonde hair tied back and is wearing a black tank top and a gold necklace with a pendant. The image is heavily overlaid with a red color, creating a monochromatic effect. The text is white and positioned on the left side of the image.

HOT STRENGTH

Strength training in the heat.

The combination of heat and resistance training challenges your muscles while making your cardiovascular system work harder too, helping to build strength, stamina and endurance.

With 2kg, 5kg, 7kg and 10kg dumbbells available, you can choose your starting weight and increase the load as you get stronger.

A full body strength workout with an added challenge.