

Our Classes

Beginner

New to reformer pilates or haven't worked out in a while? These full-body classes are the perfect way to start your fitness journey and build a solid foundation.

Level 1 Full Body

Designed to introduce you to the essentials of pilates. This class focuses on mastering the fundamentals while giving your whole body a balanced workout.

Level 2 Full Body

Ready to level up? This class is for those looking to challenge themselves and build strength with a more intense, full-body workout.

Athletic Flow

Experience a dynamic approach to reformer pilates that'll strengthen and lengthen your body. Perfect for those who want to feel energised and toned.

Core Strength

Blast your abs with these quick and focused classes that zero in on building core strength. Ideal for those looking to enhance their stability and posture.

Physio Pilates

Targeted programs designed to address common aches, improve bone density, and support aging bodies. A gentle yet effective way to take care of yourself.

Contact Us

Want to learn more or get started?
Drop by to see the space and meet our team.

✉ info@onereform.com.au

📍 Shop 4, 20/243 Levey Street, Wolli Creek

📷 [@onereformpilates](https://www.instagram.com/onereformpilates)



ONE REFORM

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Our Story

Our journey began with a love for pilates and a desire to make fitness more flexible for those with busy lives. After becoming a mother, the founder found it difficult to commit to traditional pilates classes. So, she decided to create a solution that allows you to work out on your schedule, in a way that works for you.

What We Offer

One Reform is an instructorless reformer pilates studio where you have the freedom to choose your workout, pick your teacher, and book your sessions via our app. With over 200 workouts to choose from and self-service screens available at the studio, our goal is to make pilates easier and more accessible for everyone.



Memberships & Pricing

Intro Offer

01

12 Month Contract

Sign up in the first month for a 10% discount

 \$45/week - only \$6.43 per day!

 12 month lock-in

 7-day access, anytime

Base Package

02

6 Month Contract

This option provides great flexibility with a short-term commitment

 \$60/week - only \$8.57 per day!

 6 month lock-in

 7-day access, anytime

Flexi Access

03

Monthly Unlimited

For the go-with-the-flow type who likes full freedom. No lock-in, just unlimited access whenever you need it

 \$300/month

 No lock-in

 Unlimited access

Flexi Pack

04

10 Class Pass

A perfect option for those who want to mix and match their pilates sessions without the commitment

 \$180 total

 \$18 per session

 Valid for 3 months

Lite Pack

05

5 Class Pass

Great for the busy schedule, someone who wants to get in a few sessions when it works for them

 \$125 total

 \$25 per session

 Valid for 3 months

Pay As You Go

06

Casual Drop-In

One-off class with no strings attached. Perfect if you're just testing the waters

 \$28 per session

 One-off session