

Week 1 – Flow & Foundations

This week we ease in with a gentle full-body Pilates flow. You'll reconnect with your breath, posture and strength while finding your rhythm in movement again — baby cuddles welcome throughout!

Week 2 – Upper Body Strength

Say hello to sculpted arms and a stronger back! We'll work on posture, shoulder stability and upper-body strength to make lifting, feeding and carrying feel easier.

Week 3 – Glutes & Glow

Time to fire up your glutes! We'll lift, tone and strengthen your lower body with fun, baby-friendly exercises that leave you feeling strong and energised.

Week 4 – Core Restore

We're rebuilding from the inside out! This session focuses on deep core and pelvic floor activation to help you feel supported, stable and strong in everyday life.

Week 5 – Calm & Connected

A slower, soothing class to melt away tension and restore calm. Expect gentle stretches, mindful breathing and peaceful moments of connection with your little one.

Week 6 – Band Together

Grab a band and let's add a little extra resistance. This class builds functional strength and stability through your legs, core and arms — feel the good kind of burn!

Week 7 – Booty & Balance

This one's playful and fun — we're working balance, coordination and strength while sculpting the glutes and hips. Expect a few wobbles, plenty of laughs, and a great lower-body burn.

Week 8 – Posture Power

We're focusing on alignment this week. Open up the chest, strengthen the back and shoulders, and ease those feeding and carrying aches so you can stand tall and feel confident.

Week 9 – Stretch & Soothe

A calming, restorative session to release tight hips, back and shoulders. Perfect if you need a slower pace and a little self-care - you'll float out feeling lighter and looser.

Week 10 – Strength & Stability

Your feel-good finale! A confident, full-body Pilates flow that celebrates how far you've come — building strength, balance and pride in your amazing postnatal body.