Geary Studio Class Schedule

DATES: Nov 1st 2026 - May 31st 2027
LOCATION: 3460 Geary Blvd (Ground Floor)
BOOK: www.pilatesschoolsf.com
QUESTIONS? frontdesk@pilatesschoolsf.com

Mondays

*6:00a - 6:50a Intro to Equip. * Level I & II | Classical*

7:00a - 7:50a Pilates + Cardio
Angella | Level I & II | Fusion

8:00a - 8:50a Mat Challenge Level I & II | Classical

10:00a - 10:50a Wunda Chair *
Ray | Level I | Classical

12:00p - 12:50p Pilates Flow
Ray | Level I & II | Fusion

4:30p - 5:20p Magical Mat
Lizzy | Level I & II | Classical

5:30p - 6:20p Intro to Equip. *
Lizzy | Level I & II | Classical

6:30p - 5:20p Pilates Stretch
Lizzy | Level I | Fusion

7:30p - 8:20p Mindful Pilates Level II & III | Fusion

Tuesdays

7:00a - 7:50a Pilates + Dance Level I & II | Fusion

8:00a - 8:50a Intro to Equip *
Ray | Level I | Starts Spring

9:00a - 9:50a Basic/ Inter. Mat
Ray | Level I / II | Classical

*10:00a - 10:50a Wunda Chair * Level I & II | Classical*

*12:00p - 12:50p Intro to Equip. * Level I & II | Classical*

4:15p - 5:05p PilatTEENS
Olivia | Level I | Classical

5:30p - 6:20p Basic/ Inter. Mat
Olivia | Level III | Classical

6:30p - 7:20p Pilates + Dance
Olivia | Level I & II | Fusion

7:30p - 8:20p Intro to Equip. *
Olivia | Level I | Classical

Wednesdays

6:00a - 6:50a Weight, Plates &, Level II & III | Fusion

7:00a - 7:50a Basic/ Inter Mat Level III | Classical

*8:00a - 8:50a Intro to Equip. * Level I | Classical*

12:00p - 12:50p Pilates Stretch I Level I & II | Fusion

3:00p - 3:50p PilaTWEENS Youth | Classical

4:15p - 5:05p Pilates + Props
Lizzy | Level I | Classical

5:30p - 6:20p Athletic Pilates
Lizzy | Level III & IV | Fusion

6:30p - 7:20p Intro to Equip. *
Lizzy | Level I & II | Classical

7:30p - 8:20p Mindful Pilates
Lizzy | Level I & II | Fusion

Thursdays

6:00a - 6:50a Pilates Circuit *
Olivia | Level I & II | Classical

7:00a - 7:50a Inter. Pilates Mat
Olivia | Level II | Classical

*8:00a - 8:50a Wunda Chair * Level I & II | Classical*

*9:00a - 9:50a Intro to Equip. * Level I & II | Classical*

10:00a - 10:50a Pilates + Dance
Olivia | Level I & II | Fusion

12:00p - 12:50p Pilates + Props Level I & II | Classical

1:00p - 1:50p Intro to Equip. *
Cecilia | Level I / II | Classical

4:15p - 5:05p PilatTEENS
TBA | Level I & II | Classical

5:30p - 6:20p Magical Mat
Cecilia | Level I & II | Classical

6:30p - 7:20p Pilates Stretch
Cecilia | Level I | Fusion

7:30p - 8:20p Weight, Plates &, Level I /II | Fusion

Fridays

6:00a - 6:50a Wunda Chair *
TBA | Level I & II | Classical

7:00a - 7:50a Intro to Equip. *
Lizzy | Level I & II | Classical

8:00a - 8:50a Pilates Stretch
Olivia | Level I | Fusion

10:00a - 10:50a Pilates Flow
Olivia | Level I & II | Fusion

12:00p - 12:50p Wunda Chair *
Olivia | Level I & II | Classical

Saturdays

*9:00a - 9:50a Intro to Equip. * Level I | Fusion*

10:00a -10:50a Pilates Stretch Level I | Fusion

*11:00a - 11:50a Wunda Chair * Level I & II | Fusion*

12:00p - 12:50p Mat Challenge Level III & IV | Classical

Sundays

9:00a - 9:50a Wunda Chair *
Ray | Level I & II | Classical

10:00a -10:50a Pilates Stretch
Ray | Level I | Fusion

11:00a-11:50a Weights, Plates &,
Ray | Level I & II | Fusion

12:00p - 12:50p Pilates + Dance
Ray | Level I & II | Fusion

1:00p - 1:50p Intro to Equip. *
Ray | Level I & II | Classical

Drop-in Program

Best Way to Get Started! The Pilates School SF offers a whole bunch of awesome programs. Interested in getting a solid workout in? Grab a 3-Class Pack for $50 to jump into our Pilates Mat, props, and Pilates fusion classes.

Ready to take a deeper dive into Pilates? Start with an Intro to Classical Equipment session for $20 to try out the Reformer, Tower, Wunda Chair, and Pilates circuit classes. It's the perfect first step toward joining our coveted In-Person Program, where you'll get access to our exclusive, super personalized Classical Core and Small Group Training classes.

SCAN ME

Get a 3 ClassPack for $50

SCAN ME

1st Intro to Equipment Class for $20

Legend

- = Currently Offered
- = Starts in Spring 2027
- * = Equipment Class

Geary Studio Class Descriptions & Pricing

Strictly Classical Classes

Equipment Classes

Intro to Classical Equipment: A Reformer, Tower, Wunda Chair, Arm Chair and Pedi Pole class to introduce the difference in training on classical Pilates equipment.

Wunda Chair I /II: A full workout utilizing the Wunda Chair to enhance your Pilates workout. No major injuries please.

Pilates Circuit: A full-body, strictly Classical Pilates-based circuit class using the Wunda Chair, ladder barrel, Pedi Pole, and raised mats. Students will rotate through a series of 8-12 Pilates stations.

Pilates Mat / Pilates with Props

Pre-Pilates / Basic: A fundamentals mat class that focuses on the 4Cs of Classical Pilates, using the Pre-Pilates and basic mat repertoire.

Basic / Intermediate: A strictly classical strong basic mat with prep exercises for intermediate mat.

Intermediate: A strong intermediate mat with prep exercises for high intermediate and advanced prep mat exercises.

Pilates Mat Challenge: A strictly classical advanced prep mat class. This uses light props and auxiliary equipment to aid in making the jump from intermediate mat to advanced mat repertoire.

Magical Mat: an intermediate mat class that incorporates light props like a magic circle to deepen the connection to the exercise's goal and enhance the workout.

Pilates + Props: This is a fun, open-ended full-body workout where the teacher can draw from any range of Pilates exercises, from Pre-Pilates to basic.

Pilates Fusion Classes

Stretch / Mindful Meditation Fusion

Pilates + Stretch I: A Pilates + Props stretch to increase Range of Motion (ROM), improve joint alignment, and facilitate myofascial release. Light music is played for background.

Mindful Pilates: A Pilates-based flowing movement class designed to calm the mind while increasing ROM and improving body alignment. The repetitive flow is used as a form of progressively increasing the range of motion in each movement.

Cardio-Based Fusion

Pilates + Cardio I / II: A block-style workout where students cycle through 15-20 minutes of a strictly Pre-Pilates to Basic Pilates workout, followed by 20 minutes of cardiovascular movement (steady-state cardio, Hi-Lo, or interval cardio training).

Pilates + Dance I & II: A dance-based, Pilates-inspired cardio class that focuses on integrating 1-4 Pilates exercises into dance movement. Class ends with a abs training.

Pilates Flow: A Pilates-inspired barre class using a continuous flow through Classical Pilates exercises within the Pre-Pilates to Strong Basic system set to popular music

Strength-Based Fusion

Weight, Plates & Pilates: A full-body class focusing on proper form using primarily resistance training movements closely aligned with the Pre-Pilates and Basic Pilates exercises. The class cycles through common strength training and weight lifting movements (Squat, push-up, chest press, row, etc.)

Athletic Pilates: A high intermediate Pilates Mat-inspired class that applies Pilates principles to athletic movement for injury prevention and enhanced athletic performance. The program focuses on muscular endurance, balance and stability, acceleration and deceleration, power generation, jumping and landing, and breathwork for recovery after acute athletic bouts.

Youth Pilates Classes

PilTWEENS/ PilaTEENS: A foundational Classical Pilates class. PilTWEENS is for a tween entering 6th thru exiting 8th grade, using mat and lite props. PilTEENS will use equipment, mat and props for teens in entering 9th thru 11th grade and under 18.



Equipment Class

1st Class: $20

6 ClassPack: $245

Mat, Props & Fusion Class

1st 3 Classes: $50

8 ClassPack: $165

All Class Access: Get Equipment, Mat, props and Fusion classes!!

8 Class Pack: $280

10 Class Membership: $250 / month

Family Membership: $325 / month

Shared Membership: $225 - $185 / month