

Bodyrok Oakland- Pilates - Oakland

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Discover BODYROK Oakland: Your Premier Pilates Studio

Located in the heart of Oakland, California, BODYROK is more than just a Pilates studio; it's a community that offers a unique fitness experience designed to challenge and inspire you. If you're considering joining, here's what you need to know about planning your visit.

Planning Your Visit

For a seamless experience at BODYROK, ****appointments are highly recommended****. Given the popularity of the classes, reserving your spot ahead

of time ensures you won't miss out on your desired session. The studio provides a variety of class times, including evening sessions starting at 7:30 PM, making it easy to fit a workout into your busy schedule.

Accessibility and Amenities

BODYROK takes pride in being ****accessible to everyone****. The studio features a ****wheelchair-accessible entrance**** and has facilities, including a ****toilet**** that accommodates all guests. Visitors can enjoy ****free parking****, with a dedicated lot available for your convenience. Alternatively, there is ****paid street parking**** nearby if you prefer that option. The studio is designed with your comfort in mind, featuring amenities that create a welcoming environment. Lockers are available to secure your belongings while you work out, ensuring a stress-free experience.

Experience at BODYROK

Many clients express their satisfaction with the friendly and attentive staff. Instructors are known for their supportive approach, making even first-timers feel comfortable and welcomed. For instance, one client highlighted how the instructor took the time to explain the equipment and provide modifications tailored to individual fitness levels. Several attendees noted the engaging and challenging nature of the workouts. Classes at BODYROK are fast-paced but incredibly rewarding, often leaving participants feeling accomplished and stronger after every session.

What to Bring

When you're heading to BODYROK, don't forget to bring ****grippy socks****, or arrive a bit early to purchase a pair at the studio. This small detail enhances your experience by providing better traction on the reformer machines.

Final Thoughts

If you're looking for an inclusive space where you can improve your fitness level, BODYROK Oakland may be just what you need. With a combination of expert instruction, convenient scheduling, and accessible amenities, it stands out as a top choice for Pilates enthusiasts and newcomers alike. Don't hesitate to plan your visit and embark on your fitness journey today!

We are located at

3303 Lakeshore Ave, 94610 Oakland, California - United States (US)

The contact line of the mentioned **Pilates studio** is +1510-835-2118

And if you want to send a WhatsApp, you can do so at +1510-835-2118

We are available at these times:

Day Hours

Monday

6?AM–1:45?PM 3:30–8:15?PM

Tuesday

6?AM–1:45?PM 4:30–8:15?PM

Wednesday

7?AM–1:45?PM 4:30–7:15?PM

Thursday

6?AM–1:45?PM 4:30–6:15?PM

Friday

7?AM–1?PM

Saturday

7?AM–1:45?PM

Sunday

6?AM–1:45?PM 4:30–8:15?PM

The website is [BODYROK Oakland- Pilates](#)

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Images



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Bodyrok oakland pilates pilates studio



Bodyrok oakland pilates map



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Tags

Amenities, Appointments recommended, Toilet, Free parking lot, Planning, Paid street parking, Accessibility, Parking, Wheelchair-accessible entrance

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