

REFORMER SCHEDULE

MON

7.00am
8.00am
9.15am (INTERMEDIATE)
10.30am
11.45am
1.00pm (PREHAB/REHAB)
2.15pm (PREHAB/REHAB)
4.30pm
5.30pm
6.30pm

TUES

6.30am
7.30am (INTERMEDIATE)
9.15am
10.30am
11.45am
1.00PM (FUNDAMENTAL)
4.30pm
5.45pm
7.00pm

WEDS

6.30am
8.00am
9.15am ↵
(INTERMEDIATE/ADVANCED)
10.30am
11.45am (PREHAB/REHAB)
1.00pm
5.30pm
6.30pm
7.45pm

THURS

7.00am
8.00am
9.15am (INTERMEDIATE)
10.30am
11.30am (INTERMEDIATE)
1.00pm
4.30pm
5.45pm
7.00pm

FRI

7.00am
8.00am
9.15am
10.30am
11.45am
1.00pm (INTERMEDIATE)
2.15pm (PREHAB/REHAB)
3.45pm
5.00pm
6.15pm

SAT

8.00am (JUMP)
9.00am
10.00am
11.00am
12.30pm ↵
(ADVANCED - MONTHLY)

SUN

9.00am (RESTORE)
10.00am (RESTORE)

MAT SCHEDULE

MON

8.00am
9.15am
10.30am
11.45am (DYNAMIC)
1.00pm
5.30pm
6.45pm

TUES

7.00am
8.00am
9.15am ↶
(INTERMEDIATE)
10.30am (GENTLE)
11.45am
1.00pm
4.30pm
5.45pm
7.00pm ↶
(INTERMEDIATE)

WEDS

7.00am ↶
(INTERMEDIATE)
8.00am
9.15am
10.30am
11.45am
5.30pm
6.30pm
7.30pm ↶
(INTERMEDIATE)

THURS

7.00am
8.00am
9.15am
10.30am (GENTLE)
11.45am ↶
(EDS & HYPERMOBILITY)
5.45pm
7.00pm ↶
(INTERMEDIATE)

FRI

8.00am
9.15am
10.30am (MUM & BABY)
11.45am
1.00pm (DYNAMIC)
2.15pm (BONE HEALTH)
3.45pm (BONE HEALTH)
5.00pm

SAT

8.00am ↶
(INTERMEDIATE)
9.00am ↶
(DYNAMIC - FORTNIGHTLY)
10.00am (PREGNANCY)
11.00am
12.30pm (CLASSICAL -
FORTNIGHTLY)

SUN

10.00am (RESTORATIVE)
11.00am