

REFORMER
SCHEDULE

MON

7.00am
8.00am (INTERMEDIATE)
9.15am (INTERMEDIATE)
10.30am
11.45am
1.00pm (PREHAB/REHAB)
2.15pm (PREHAB/REHAB)
4.30pm
5.30pm
6.30pm
7.30pm

TUES

6.30am
7.30am ↵
(INTERMEDIATE)
9.15am
10.30am
11.45am
1.00PM (FUNDAMENTAL)
4.30pm
5.45pm
6.45pm (INTERMEDIATE)

WEDS

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

THURS

6.00am
7.00am
8.00am
9.15am (INTERMEDIATE)
10.30am
11.45am (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)
4.00pm
5.00pm (INTERMEDIATE)

SAT

8.00am (JUMP)
9.00am
10.00am
11.00am
12.00pm ↵
(ADVANCED/ATHLETIC)

SUN

9.00am (RESTORE)
10.00am (RESTORE)
11.00am (FUNDAMENTAL)
12.00pm

MAT
SCHEDULE

MON

8.00am
9.15am
10.30am
11.45am (DYNAMIC)
1.00pm
4.30pm (INTERMEDIATE)
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 (INTERMEDIATE)
1.00pm (DYNAMIC)
5.30pm
6.30pm ↶
7.30pm ↶
(INTERMEDIATE)

THURS

7.00am (INTERMEDIATE)
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)
4.00pm
5.00pm

SAT

8.00am ↶
(INTERMEDIATE)
9.00am ↶
(DYNAMIC - FORTNIGHTLY)
10.00am
11.00am (PREGNANCY)
12.00pm (CLASSICAL)

SUN

9.00am
10.00am (RESTORATIVE)
11.00am