

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)  
6.15pm

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