

# Reformer SCHEDULE

MONDAY

7.00AM  
8.00AM  
9.15AM  
10.30AM  
11.45AM  
1.00PM (PREHAB/REHAB)

5.30PM  
6.30PM  
7.30PM (JUMP)

TUESDAY

6.30AM  
7.30AM (INTERMEDIATE)  
9.15AM  
10.30AM  
11.45AM  
1.00PM (FUNDAMENTAL)

5.45PM  
7.00PM

WEDNESDAY

6.30AM  
8.00AM  
9.15AM (INTERMEDIATE)  
11.45AM (PREHAB/REHAB)

5.30PM (FUNDAMENTAL)  
6.45PM (MEN ONLY)

THURSDAY

8.00AM  
9.15AM  
10.30AM  
11.45AM

4.30PM  
5.45PM  
7.00PM

FRIDAY

7.00AM  
8.00AM  
9.15AM  
10.30AM (JUMP/BARRE)  
11.45AM  
1.00PM

6.15PM

SATURDAY

8.00AM (JUMP)  
9.00AM  
10.00AM  
11.00AM

SUNDAY

9.00AM (RESTORE)  
10.00AM (RESTORE)

# Mat SCHEDULE

MONDAY

8.00AM  
9.15AM  
10.30AM

5.30PM  
6.45PM (MEN ONLY)

TUESDAY

9.15AM  
10.30AM (MUM AND BABY)

5.45PM  
7.00PM (INTERMEDIATE)

WEDNESDAY

8.00AM  
9.15AM  
10.30AM  
1.00PM (DYNAMIC)

5.30PM (BACK PAIN)  
7.00PM  
(INTERMEDIATE)

THURSDAY

9.15AM  
10.30AM (GENTLE)  
12.00PM (EDS &  
HYPERMOBILITY)

5.45PM  
7.00PM (INTERMEDIATE)

FRIDAY

9.15AM  
10.30AM(DYNAMIC)  
11.45AM

5.00PM

SATURDAY

8.30AM (INTERMEDIATE)  
9.45AM (PREGNANCY)  
11.00AM

SUNDAY

10.00AM (RESTORATIVE)