

Reformer SCHEDULE

MONDAY

7.00AM
8.00AM
9.15AM (INTERMEDIATE)
10.30AM
11.45AM
1.00PM (PREHAB/REHAB)
2.15PM (PREHAB/REHAB)

5.30PM
6.30PM

TUESDAY

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

4.30PM
5.45PM
7.00PM

WEDNESDAY

6.30AM
8.00AM
9.15AM (INTERMEDIATE/ADVANCED)
10.30AM
11.45AM (PREHAB/REHAB)
1.00PM

5.30PM
6.30PM
7.45PM

THURSDAY

7.00AM
8.00AM
9.15AM (INTERMEDIATE)
10.30AM
11.30AM (INTERMEDIATE)
1.00PM

4.30PM
5.45PM
7.00PM

FRIDAY

7.00AM
8.00AM
9.15AM
10.30AM (JUMP/BARRE)
11.45AM
1.00PM (INTERMEDIATE)
2.00PM (PREHAB/REHAB)

3.45PM
5.00PM
6.15PM

SATURDAY

8.00AM (JUMP)
9.00AM
10.00AM
11.00AM
12.30PM (ADVANCED - MONTHLY)

SUNDAY

9.00AM (RESTORE)
10.00AM (RESTORE)

Mat SCHEDULE

MONDAY

8.00AM
9.15AM
10.30AM
11.45AM (DYNAMIC)
1.00PM

5.30PM
6.45PM

TUESDAY

9.15AM (INTERMEDIATE)
10.30AM (GENTLE)
11.45AM
1.00PM

4.30PM
5.45PM
7.00PM (INTERMEDIATE)

WEDNESDAY

7.00AM (INTERMEDIATE)
8.00AM
9.15AM
10.30AM
11.45AM
1.00PM (DYNAMIC)

5.30PM (BACK PAIN)
6.30PM
7.30PM (INTERMEDIATE)

THURSDAY

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

5.45PM
7.00PM (INTERMEDIATE)

FRIDAY

8.00AM
9.15AM
10.30AM (MUM & BABY)
11.45AM
1.00PM (DYNAMIC)

5.00PM

SATURDAY

8.00AM (INTERMEDIATE)
9.00AM (DYNAMIC - FORTNIGHTLY)
10.00AM (PREGNANCY)
11.00AM

SUNDAY

10.00AM (RESTORATIVE)
11.00AM